

THE

DEFENDER

The student publication of St. Michael's College

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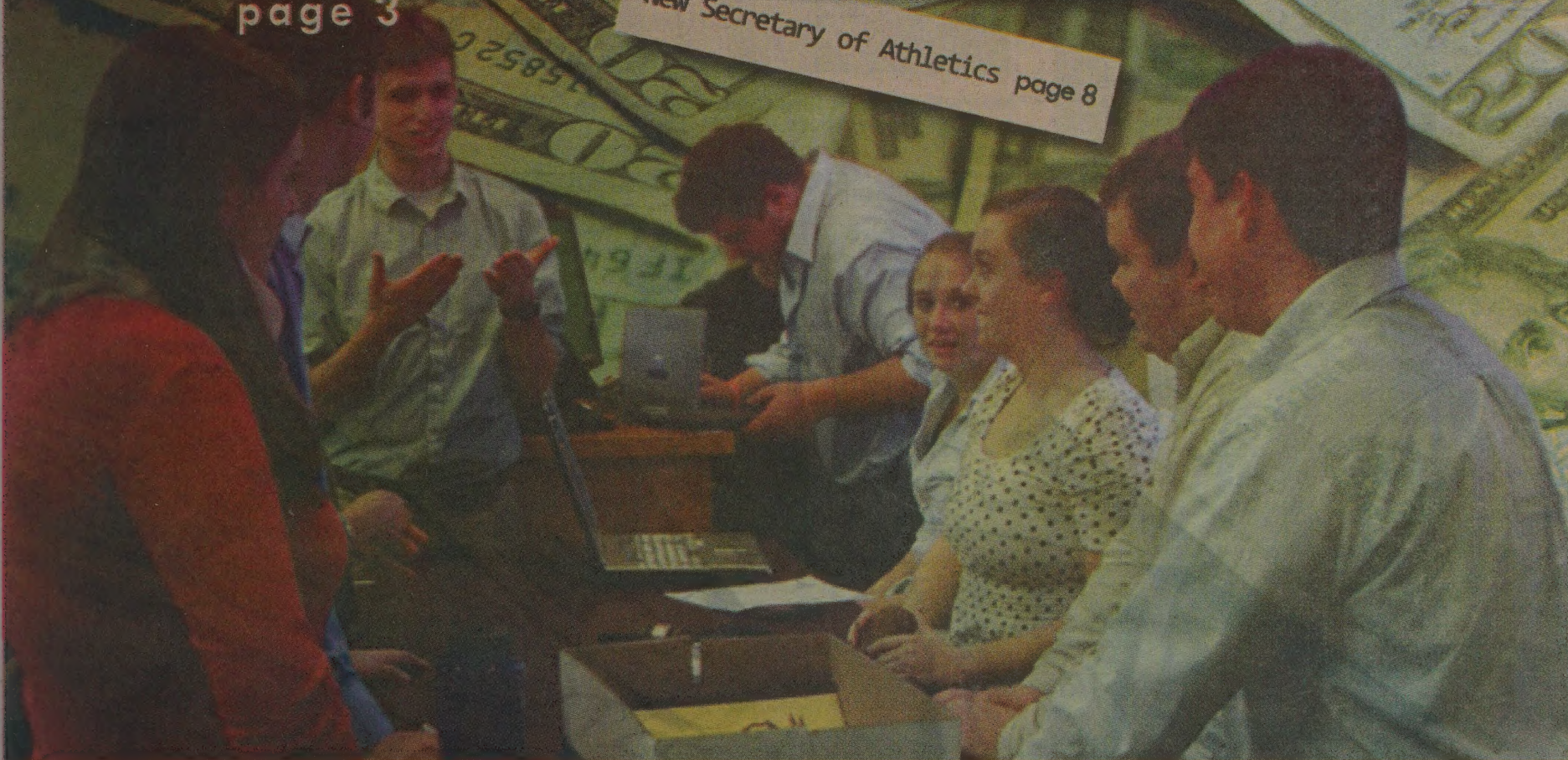
Examining the E-Board

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E-Board Salary Break Down:
How Much Money, How Much Work?

Who's Who & Who Does What?

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pages 16-17

Check Us Out Online

The Defender Online showcases student-made multimedia projects

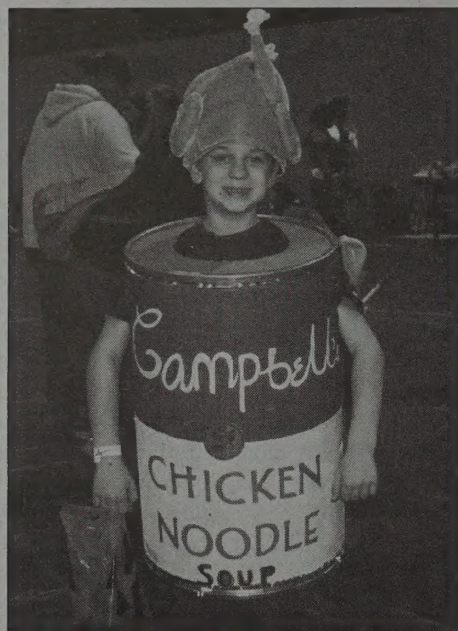


Photo by Kelley Bureau

Go online to view a multimedia presentation on the annual Harvest Festival.



Photo by Tim McDonnell

See if you're in the Halloween Dance multimedia that is showcased online!

Cover Photos by Lily Keyes and Tim McDonnell

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SECURITY LOG

Excerpts from Oct. 19-25 reports provided by St. Michael's College Office of Safety and Security

Friday, Oct. 29

- 1:30 a.m.** Larceny/Theft: 300's Townhouses
- 1:59 a.m.** Drunkenness: Act One: 100's Townhouses
- 1:59 a.m.** Disorderly Conduct: Fight: 100's Townhouses
- 12:00 p.m.** Vandalism: College Property: Canterbury Hall
- 3:13 p.m.** Odor Complaint: Cashman Hall
- 3:13 p.m.** Drug Violation: Paraphernalia: Cashman Hall
- 11:36 p.m.** Drunkenness: Act One: Joyce Hall

Saturday, Oct. 30

- 12:19 a.m.** Drunkenness: Released to Responsible Party: Joyce hall
- 12:53 a.m.** Drunkenness: Act One: Lyons Hall
- 1:08 a.m.** Drug Violation: Possession: Linnehan Hall
- 1:20 a.m.** Aggravated Assault: 300's Field
- 1:23 a.m.** Medical Assistance: Transport by Rescue: 300's Field
- 1:57 a.m.** Drunkenness: Released to a Responsible Party: Joyce Hall

- 1:44 p.m.** Weapon Violation: Alumni Hall
- 4:25 p.m.** Trespass: Written Notice Issued: Pontigny Hall
- 7:10 p.m.** Assault: Simple: Lyons Hall
- 11:07 p.m.** Drunkenness: Hospital Observation: Pontigny Hall
- 11:25 p.m.** Drunkenness: Correctional Center: Ross Sports Center
- 11:45 p.m.** Drunkenness: Hospital Observation: Ross Sports Center
- 11:49 p.m.** Drunkenness: Released to Responsible Party: Joyce Hall

Sunday, Oct. 31

- 12:15 a.m.** Fire Safety Violation: Hodson Hall
- 1:41 a.m.** Disorderly Conduct: Physical: 300's Townhouses
- 1:41 a.m.** Trespass: Written Notice Issued: 300's Townhouses
- 9:53 p.m.** Vandalism College Property: Linnehan Hall

Monday, Nov. 1

- 3:37 a.m.** Medical Assistance: Transport by Rescue: Ryan Hall

Tuesday, Nov. 2

- 8:04 p.m.** Fire Alarm: Undetermined Cause: Hamel Hall
- 8:38 p.m.** Drug Violation: Paraphernalia: Hamel Hall

Wednesday, Nov. 3

- 8:42 a.m.** Larceny/Theft: From Classroom: Jean Marie Hall
- 1:07 p.m.** Odor Complaint: Lyons Hall
- 11:39 p.m.** Medical Assistance: Transport by Rescue: Cashman Hall

Saturday, Nov. 6

- 1:00 a.m.** Drunkenness: Released to Responsible Party: Joyce Hall
- 1:43 a.m.** Drunkenness: Released to Responsible Party
- 1:51 a.m.** Nuisance Complaint: Behavior: Ryan Hall
- 2:02 a.m.** Drunkenness: Ryan Hall
- 2:55 a.m.** Drug Violation: Possession: Canterbury Hall

E-Board Members Roll in the Dough

Members are paid for their services in the form of a stipend each semester

By Lizzie Tribble
Staff Writer

Many students are unaware of the Executive Board's (E-Board) position as part of our Student Association (SA). Made up of nine members, the E-Board organizes and finances most of the clubs and activities on campus such as P-Day and the yearly concert.

The E-Board members get paid for their services on campus based on their positions on the board.

"This has been a part of the SA since the E-Board was instituted," said Matt Falcone, '11, and the secretary of finance.

E-Board Members

PRESIDENT: Trevin Schmidt, \$3,000

VICE PRESIDENT: Ryan Socha, \$2,500

SECRETARY OF FINANCE: Matt Falcone, \$2,000

SECRETARY OF ACADEMICS: Katherine Hackett, \$2,000

SECRETARY OF COMMUNICATIONS: Malread McGonagle, \$2,000

SECRETARY OF STUDENT POLICY: David Schulz, \$2,000

SECRETARY OF STUDENT LIFE: Siobhan Lavery, \$2,000

CO-SECRETARIES OF PROGRAMMING: Claire McQuillen and Matt Seklecki, \$2,000

The money is distributed in the form of a stipend at the beginning of each semester.

"It's \$2,000 split between the two semesters for each secretary, \$2,500 for (the) V.P. and \$3,000 split for the president," Falcone said. "It is included in the budget proposal to the Senate each year and must be approved by two-thirds of the Senate. Last year's budget approval was unanimous."

Vice President of the E-Board Ryan Socha, '11, described the bud-

get. Every year, each student pays an undergraduate fee of \$290 out of his or her tuition, Socha said. This creates the approximately \$500,000 SA budget, he said. The budget goes toward paying the stipends of the E-Board, the support of the 35 clubs and putting on various events on campus.

The amount of money the E-Board members get paid directly mirrors the amount of work and time they put into their position. The board works very hard and does more for the school than people realize, said Director of Student Activities Grace Kelly.

Each member is required to complete six hours of office time a week but in the end, it turns into more like 10-15 hours, said Secretary of Student Life Siobhan Lavery, '11. Each secretary has committee meetings both on and off the clock, the weekly Tuesday night SA meeting and two E-Board meetings every week.

"So that is three to four hours right there," Lavery said. "And that is not considering outside work or other [school] meetings you have, so I would say that is definitely at least 10-15 hours' a week commitment. A lot of us use [the office] as a study space too so we're always here. The door is open."

It's hard to say how many events the E-Board puts on in one semester. Lavery said it all ends up on a week to week schedule based on what the students want and what the SA can do to accommodate it. Each secretary works equally hard on his or her specialized projects throughout the year, evening out the work load.

"Dave [Schulz, '11, secretary of student police], his big thing is elections. That comes at the beginning of the year, whereas right now I would say that someone like Siobhan is doing more," Socha said. "But at the end of the year Claire [McQuillen] and Matt [Seklecki] are really going to be going at it."

This year there is an all-senior

board, which means next year the entire board will be fresh faces. To help smooth the transition for next year, Schmidt and Socha created understudy positions. Socha said the E-Board members would be shadowed by various interested SA associates to help them understand the demand of work that goes into each position. This idea is only in the planning stages but it will allow the shadows to use the information they retain from this experience to solidify the future of the SA.

Socha explained how the application process works. When it's time for the new board to be selected, the process goes through the personnel nominations committee. First, the president and vice-president are elected by the students. They begin an interview and application process for their E-

Board secretaries. The applicants have to meet with the current and incoming president and vice president and the person who held the position the previous year if he or she is not a candidate. Altogether, they have to come to a consensus about who they want for the position, Socha said.

Recent changes for the E-Board include a trial run of a secretary of athletics.

"With all the events that they [secretaries of programming Claire McQuillen and Matt Seklecki] put on, just in terms of non-athletic-related programming, athletics can't be really fully taken to where we want it to go," Socha said. "So we are putting in the secretary of athletics to maximize what we can do as a student association to help them out."



Photo by Lily Keyes

Students Panic Over Rumored STI Outbreak

Floor meeting alarms students about possible gonorrhea outbreak at St. Michael's

Eda LaPlaca
Features Editor

St. Michael's Health Services was crowded with panicked students last week after a controversial floor meeting held in Lyons hall over the weekend of Oct. 30-31. During the meeting, two Resident Assistants (RA) warned students about an overwhelming outbreak of gonorrhea on campus.

The topic quickly became the basis of many conversations, and many students were later relieved to find that the report was false.

"It is good to have some rumor control," Director of Health Services, Mary Masson said. "However, sexually transmitted infections are an occurrence that

we deal with all the time. People should be well informed. If this has spurred a discussion, then that is a good thing."

Health Services has not had a

"Whether it is true or not, go get tested if you have had sex."

Sarah Oleksa '12
Resident Assistant

single confirmed case of gonorrhea on campus this year, Masson said. The Vermont Department of Health (VDH)

said that there were only 51 confirmed cases of gonorrhea in the entire state last year, and 35 cases the prior year.

An RA in Lyons Hall, Sarah Oleksa, '12, addressed the rumors with her residents at the floor meeting held on the weekend of Oct. 30-31.

"I said whether it is true or not go get tested if you have had sex, even if you used a condom," Oleksa said. "If you plan on being sexually active, use a condom."

According to Health Services, there have been confirmed cases of other sexually transmitted infections on campus since January.

The incidence of sexually transmitted infections increases with alcohol use, Masson said. The number of

students who come in for testing varies, but Health Services sees the most visitors around spring break or after a major event or holiday on campus.

"We see chlamydia. Chlamydia is forever in the community," Masson said. "Chlamydia has a 3-to-1 ratio in terms of incidence in the community."

There have been about 1200 cases of chlamydia in the state of Vermont this year, according to the VDH.

Chlamydia and gonorrhea are both bacterial infections that often produce no symptoms. Positive results are treated with antibiotics and are often completely curable, if treated early.

See STI page 9

St. Michael's Pays \$20,000 for Speaker Paul Farmer

Student Association and various clubs partner to meet money demands for charity and speaker

By Natalie Handy
Staff Writer

With \$13,000 in funds raised by various clubs and \$7,000 contributed by the Student Association (SA), global humanitarian Paul Farmer has been persuaded to speak at St. Michael's on Nov. 15 in the McCarthy Arts Center.

Farmer is one of the most significant humanitarians and doctors in the world, said Moise St. Louis, director of multicultural student affairs. Farmer is cofounder of Partners in Health, a non-profit health care organization dedicated to those living in poverty.

"We are lucky to have caught a break," St. Louis said. "We are keeping our fingers crossed that he gets here."

Farmer is currently in Rwanda fighting poverty and treating disease.

While \$20,000 to bring him to Colchester may not seem like "catching a break," St. Louis said in his request

to the SA that 100 percent of the money will go toward helping people in need around the world.

"He is an example of an ordinary American, someone who grew up poor, who decided at a certain point he wanted to make a difference for the world's poor," said peace and justice professor Laurie Gagne.

In her first-year seminar course, Gagne said she focuses on Farmer's spiritual vision of quality health care for all, requiring that her students read Tracy Kidder's "Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, a Man Who Would Cure the World."

Emily McNally, '12, read Kidder's book in her first-year seminar.

"It definitely influenced my perception of the world," she said.

As a member of the Social Justice League, McNally spoke in favor of bringing Farmer during the Oct. 19 SA meeting.

Gagne said she hopes students realize Farmer's powerful presence and turn out for the event. She said Farmer's work consists of establishing state-of-the-art clinics and medical training

in impoverished countries.

"I think he will definitely remind us of the inequities in health care and medical treatment of people from country to country," Gagne said.

The SA had a large surplus in its budget last year, which factored into the decision to contribute the \$7,000, said Matt Falcone, the Student Association secretary of finance. According to the Oct. 19 SA meeting minutes, 25 out of 27 students in attendance were in favor of the donation.

"I think we can expect him to engage us with the notion that we are not powerless," St. Louis said. "There is much that we can do in the world."

THANKS TO THE FUNDRAISING EFFORTS OF:

**Peace and Justice Center
Campus Ministry
Women's Center
Study Abroad
Residence Life
Multicultural Affairs
Social Justice League
MLK Jr. Society
Diversity Coalition
SLAM
MOVE
Student Association**

Graphic by Lily Keyes

News Briefs

By Kelley Bureau
News Editor

UVM Schedules Saturday Exams this Semester

For the first time in decades, UVM students will be studying on Friday night for their final exams the next morning. The change was prompted by student requests because they wanted to have a full week for Thanksgiving break and without extending the semester, the only way to meet the class time requirement is to either begin the school year earlier or hold exams on a Saturday. There are mixed opinions and the largest issue is for Jewish students because studying on a Friday evening conflicts religiously with their Sabbath.

-The Cynic

Former Morristown Teacher Requests Trial Move

St. Michael's graduate Shaun Bryer, charged for multiple allegations that he molested his students, is asking the state for a change of trial venue to avoid jury bias. Bryer plead not guilty to aggravated sexual assault and lascivious behavior. It is unclear how long it will take the courts to answer Bryer's request.

-Burlington Free Press

Airline Crash Kills 68 Passengers in Cuba

A Cuban airliner traveling to Santiago, Chile, filled with Cuban and European travelers crashed and burst into flames after declaring an emergency and losing contact with air traffic controllers. There were no survivors.

-Burlington Free Press

Michigan Bans Alcoholic Energy Drinks

The Michigan Liquor Control Commission has banned Four Loko, as well as 54 other high-alcohol and high-caffeine energy drinks. The hospitalization of nine Central Washington University students triggered the recall and manufacturers have 30 days to remove all products from stores.

-USA Today

Electrical Brain Stimulations Improves Math Skills

In a study published in Current Biology, neuroscientists report that adults with normal math abilities were able to improve math performance numerical tests with a technique known as transcranial direct current stimulation (TDCS). It involves stimulating specific regions of the brain with low-level electrical currents to alter the activity of neurons. This is the first study that shows TDCS can help healthy individuals to better on math tests.

-USA Today

Custom Ambulance is Newest Member of Fire & Rescue

By Hannah Perry
Staff Writer

Over Columbus Day weekend, the St. Michael's Fire and Rescue program welcomed the newest addition to its fleet, a 2010 custom built ambulance. Officially put into service on Oct. 23, the new ambulance replaced the one purchased in 2004.

The new ambulance cost the program \$157,775 and is mostly paid for by service revenues and donations, said Peter Soons, director of Public Safety and chief of St. Michael's Fire and Rescue.

"We don't get any money from the SA," said senior Matt Jordan, second Lt. "We're kind of like our own separate little island over here so the money that we bring in from billing from rescue calls out in the community is kind of where we get our dollars from."

Fire and Rescue has been established as a corporation under the parent organization St. Michael's College. Because of this, the program maintains its own financial records and expenses, Soons said.

"The way things kind of work here is that we have a truck rotation budget," Jor-

dan said. "We replace our ambulances and every three years we get a new one. The primary truck gets moved into secondary service and then the secondary truck, which we would have had for six years, is retired."

The decision of where the oldest ambulance will go is ultimately left to the board of directors, which is made up of four representatives from the college and six alumni from the St. Michael's Fire and Rescue program. In the past, the program has donated ambulances to stations in Honduras through the Rotary Club. Another option would be selling it to a nearby station that expresses interest.

St. Michael's Fire and Rescue worked with a company out of North Attleboro, Mass. that specializes in making custom vehicles to create a new model that would be best suited for the program. Fire and Rescue formed a committee of students who discussed the changes and adjustments they wanted to see in the replacement model.

See AMBULANCE page 11



Photo by Lily Keyes

The new ambulance, which cost \$157,775, was paid for by revenues and donations.

A New Student Center May Transform the Quad

Costs of the new center and dorm is expected to range between \$20-30 million

By Alexandra Smith
Staff Writer

As other institutions of higher education expand their campuses, St. Michael's is striving to maintain a similar level of competition. The campus currently lacks a student center, which many other competing campuses have.

"We've talked a lot about a 24/7 residential learning space, and that is all really heartfelt," said Vice President of Student Affairs and Dean of Students Michael Samara. "We feel we are a good institution in that regard, but our space has not remained as competitive as other schools."

The student center would operate 24 hours a day, seven days a week, providing a place for students to study after the library is closed, said St. Michael's President John Neuhauser.

"It will serve the typical student functions," Neuhauser said.

The plan currently consists of two buildings: one will serve as a student center and the other as a residential building. Each building will be three stories tall with a walkway connecting the two buildings on one of the higher floors. The student center will be constructed to connect between Ryan Hall and Joyce Hall, and the residential building will be built to connect Lyons Hall and Alumni Hall.

The placement of the buildings is intended to maintain the open feel of the quad, and little vegetation is expected to be disturbed. The budget is expected to range from \$20-30

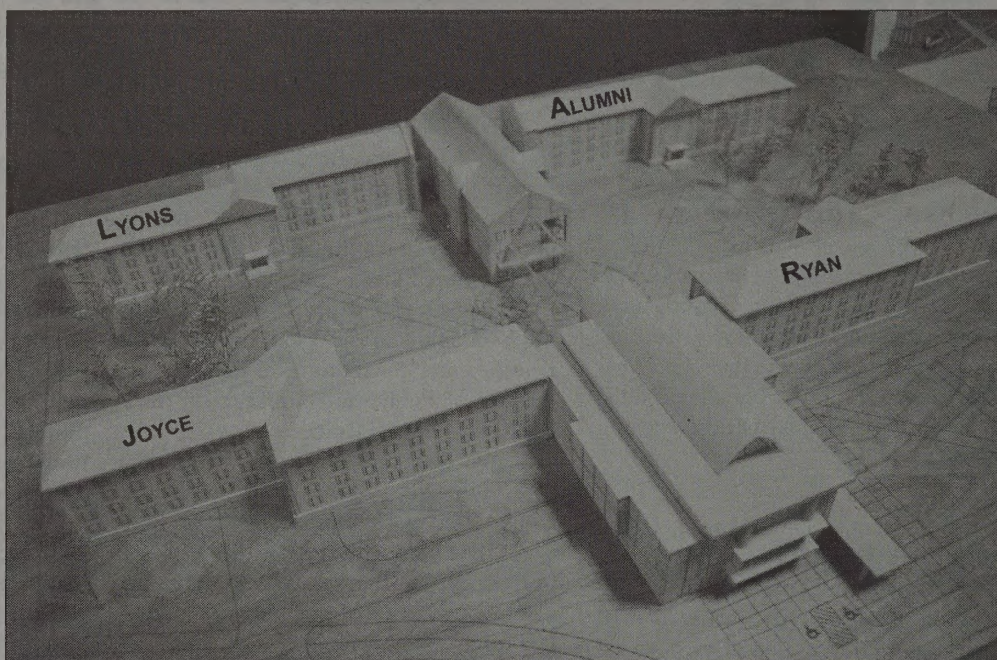


Photo by Lily Keyes

The quad could look like this after construction begins in May of 2012.

million, Neuhauser said.

The new center will include various types of meeting rooms, ranging from a small group space to a space that would hold up to 250 people,

"We'd have to raise some funding from donors and we'll probably have to borrow some."

John Neuhauser
President of St. Michael's

which could be used for dances and social gatherings. A small movie theater is currently in the plan, as for a music room and a fitness center.

A café is included in the plan which would operate close to 24 hours a day, ex-

ceeding the current hours that the Green Mountain Dining Room operates. Other features planned are laundry, dry cleaning and a sports bar.

In addition to the student center, the quad dormitories will under go basic renovation regarding lighting and bathrooms, Neuhauser said.

"We recognize the need to do something with the quad dormitories," he said. "There are a lot of issues. There is access and there is also lighting."

Forty-eight new beds will be housed in the residential building. These will be divided between six four-person suites and 24 single bedrooms. Most likely, sophomores and some freshmen will live in the new building, and the quad will remain a dry part of campus. Four residential director apartments will also be included in the building.

The Student Association would move into the new student center and other clubs on campus could also meet there. The construction would lead to the relocation of other campus amenities, such as the mail room and Health Services, currently located in the basements of Joyce Hall and Alumni Hall respectively. However, the new destination of these campus resources is undecided at this point in the process.

Jesse Beck, president of Freeman French Freeman, Inc. said "This project is going to be designed to meet the standards for LEED-Leadership in Energy and Environmental Design. It's a measuring system to make sure your building is entirely green and sustainable. It's a national system."

The building will be energy efficient by using as little electricity and natural gas as

possible, Beck said. The building will contain ample insulation, and compact fluorescent lighting will be used to reduce the amount of electricity required.

"All of the materials going into the building will be from sustainable sources," Beck said.

The source of funding for the project is still undecided.

"We'd have to raise some funding from donors and we'll probably have to borrow some," Neuhauser said. "Ideally you try to raise it all."

The Freeman French Freeman architect company presented its initial plan to construct a new student center and residential building on the St. Michael's College campus to a panel of faculty, staff, and students on Oct. 29. However, no students attended the drop-in session to hear about the project or give their input.

Construction is planned to begin in May of 2012 and will last 15-18 months, Beck said.

"When you take a look at the 100-plus-year history of the college, this is a pretty significant planning moment," Samara said.

Possible Features in the New Student Center

- Small Movie Theater
- Music Room
- Fitness Center
- 24-hour Café
- Sports Bar

Vermont Police Departments Using Social Media

Burlington and Brattleboro using Facebook and Twitter to post public crime information

By Peter Hanson
Staff Writer

The Burlington and Brattleboro police departments are using social media sites like Facebook and Twitter to post notifications about arrest warrants and important public information.

Brattleboro Chief of Police Eugene Wrinn said that his department still uses traditional methods of providing information, such as press releases, but that by using online methods, it allows them to reach out more often and at a faster pace.

The Brattleboro Police Department's Facebook page is covered with mug shots of people with outstanding arrest warrants. If people with arrest warrants see their picture in the public enough, they are going to want to deal with it, Wrinn said.

"We're looking for more ways for people to voluntarily turn themselves in," he said. "Employers check people's Facebook and if they have warrants out for their arrest, they won't be able to get a job."

"It is meant to help bring justice to those who break the law. People are interested in who is in their community and who the offenders are."

Eugene Wrinn
Brattleboro Chief of Police

As of Nov. 4, Brattleboro's Twitter account had 162 followers and had posted 146 tweets that dealt with police reports in the town. The last tweet



Photo by Bobby Gaglini

The Brattleboro Police Department posts arrests warrants online.

from Oct. 26 read: "Kevin P. Reilly of Milton, VT was arrested for DUI."

Deputy Burlington Police Chief, Walt Decker said his department is more involved in using Nixle, a free public service that allows the department to be connected with residents through e-mail and text messaging.

Nixle works by sending information to people geographically if there is an event that takes place near their location. For instance, if there is a missing persons report, a text message could be sent to those in the area describing the appearance of the missing person.

The service is directly linked to Twitter so that when information is posted on Nixle, it is also automatically transferred to the Burlington Police De-

partment Twitter account, Decker said. The department has used Nixle about 12 times in the past year, he said.

The Brattleboro Police Department has heard some criticism for displaying this information because some argue that it is an invasion of privacy, Wrinn said. However, he believes social media offer an effective way to get information out to the public.

"It is meant to help bring justice to those who break the law," Wrinn said. "People are interested in who is in their community and who the offenders are."

St. Michael's Public Safety investigator Robert Vallie said that he has not considered going to social media networks to release information and

pictures about suspected lurkers on campus. He does, however, think that the new St. Michael's website being developed can be designed so that safety information can be more easily accessible, he said.

Public Safety has been cautious with publicly releasing the identities of people on campus, he said.

"You don't want to put a person's identity in jeopardy," Vallie said.

Check out the police on Twitter

- Burlington Police: @burlingtonpd
- Brattleboro Police: BrattleboroPD

Secretary of Athletics Added to the E-Board

By Olivia McCall
Staff Writer

The Student Association's (SA) Executive Board (E-Board) consists of secretaries who specialize in various aspects of the overall St. Michael's experience and on Nov. 2, the SA welcomed Chris Hurley to the board.

In mid-October, the SA sent out an announcement and application for the new position in hopes of finding a new voice for the board. Co-secretaries of programming, seniors Claire McQuillen and Matt Seklecki, shared the position last year, and are spearheading the idea to have a secretary of athletics.

McQuillen has been a part of the programming committee for the past three years and has noticed that athletics have sometimes been left behind.

"We wanted to have a student who could support athletics and bridge the gap," McQuillen said.

In years past, the SA has helped promote athletic events and attempted to spread school spirit through the programming committee. However, McQuillen explained, along with athletics, the committee is also in charge of organizing other special events for students, such as providing a comedian and the spring concert. All of the programming committee's events require a great deal of planning and organizing; therefore, athletics would often get pushed to the side, she said.

This year, the SA would like to refocus its attention on athletics and revitalize the con-

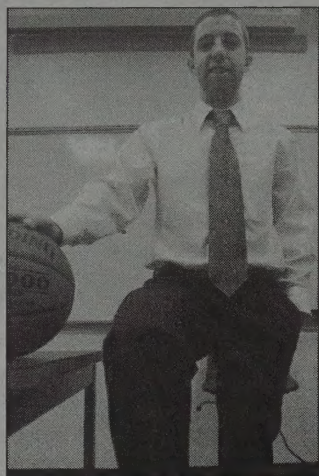


Photo by Bobby Gaglini

Chris Hurley was chosen out of seven as secretary of athletics.

nection between the athletic department and the student body.

McQuillen said the responsibilities and tasks of the new secretary will be working to connect athletes and coaches, as well as promoting teams and their events. The SA also aims to make games more fan-friendly by providing half-time or post-game entertainment, she said.

"This position will promote school spirit overall, not just sports," Seklecki said.

McQuillen and Seklecki interviewed a total of seven applicants. The co-secretaries said they looked at a number of different things in order to choose the best candidate for the position. They needed to find someone who would be self-sufficient, work well with the rest of the E-Board, and be able to jump right into the position.

As someone who knows the student body and athletic

department well, senior associate Athletic Director, Zafir Bludevich said it is important to have a connection between the two.

"We are very excited to have a representative to help communicate between the athletic department and the students," Bludevich said.

McQuillen and Seklecki announced their decision during the meeting. Senior Chris Hurley, a member of the men's basketball team, has been appointed the SA's secretary of athletics. Junior Tom Ward, a teammate of Hurley's, said Hurley will be a great fit.

"Chris is perfect for the job," Ward said. "It's been his dream for a few months, and he's the kind of guy who will be able to solidify the bond between the student body and athletic teams."

Hurley is just as excited as his teammate about his new position, he said. Hurley has a lot of ideas about getting the student body more involved and improving intramural sports, he said.

"I believe St. Michael's has the ability to improve support and attendance at athletic events," Hurley said. "This can have a positive effect on our school as a whole. I want to start making steps towards this goal."

According to McQuillen, although this position is a trial-run, there are big plans for the new secretary. The SA hopes that the addition of the new secretary will be a success, and will become a permanent position.

Advertisement Critic Speaks to a Full House

By Kelley Bureau
News Editor

Jean Kilbourne, an author, speaker and filmmaker recognized around the world for her critical studies on advertising, spoke at St. Michael's College last week. Her presentation lured students and community members, filling almost every seat in the McCarthy Arts Center.

"Many of the examples she gave make an assumption that people are being led by the nose by the advertising agencies."

Tom Liveston
Resident of Essex Junction

Kilbourne's mission is to bring light to advertising schemes that flood viewers on a daily basis. Specifically, her topics include the motives behind alcohol and tobacco advertisements, as well as how corporate advertising negatively impacts the image of women.

Kilbourne's presentation, "Deadly Persuasion: Advertising and Addiction," focused on the tobacco and alcohol industries and the advertisements they presented.

"These ads create a toxic cultural environment for the sake of profit," Kilbourne said during her presentation.

Every year \$15 billion is spent on smoking ads in order to convince at least 3,000

children to start smoking per day in order to replace adult smokers who quit or die from the harmful effects, Kilbourne said.

The alcohol industry benefits from underage alcohol sales, which make up 18 percent of all sales, Kilbourne said. If every person in the country started drinking responsibly, eliminating all binge drinking, alcohol sales would be cut by 80 percent, she added.

"These advertisements are public health problems that can only be fixed by changing the environment," Kilbourne said.

Susie Benson, a junior at Rice Memorial High School, said she had long been critical of ads, and Kilbourne's presentation furthered her skepticism.

"I've always been one to scrutinize advertisements and it was nice to hear more about alcohol and cigarette ads," she said. "I've always hated that they get so much attention."

On the other hand, Tom Liveston, a resident of Essex Junction, felt the presentation had less to do with advertising and more to do with sending an anti-alcohol message.

"I thought it was going to be more about advertising but it seemed that she was mostly railing anti-alcohol and anti-smoking and the advertising was more an incidental part," Liveston said.

"Many of the examples she gave make an assumption that people are being led by the nose by the advertising agencies, and I think I have a better opinion of people: that they can think for themselves and think critically."

Do You Want More Meals? *Upperclassmen question the 40-meal plan*

By Rachel Stone
Staff Writer

For some apartment and town house residents at St. Michael's, it can be a frightening transition to go from the unlimited meal plan, to the option of having only 40 meals per semester. Secretary of student life, senior Siobhan Lavery, has spearheaded a proposition for a third meal plan that would offer students who have full kitchens in their on-campus apartments more options than the current 40 swipes.

Discussions started over the summer among Student Association (SA) Executive Board members. At the beginning of this semester, a school-wide survey was sent out asking students which initiatives they considered most important, and the proposal for more meal plan options was at the top of several students' lists, Lavery said.

It was not a result of complaints that sparked the proposal for change, Lavery said.

"It was more like people heard about the issue and therefore wanted a change."

The issue was presented to Michael Samara, dean of students, and Hank Strashnick, general manager of Sodexo dining services, for their consideration and feedback.

"We will investigate based on student needs," Samara said. "We're really just at the beginning of a conversation."

Strashnick explained the effects on food quantities, labor and space that would arise as a result of providing St. Michael's students with more meals.

The purchasing of more food will require consideration of technical details which Sodexo will facilitate once a final plan is confirmed and presented to the company, Strashnick said.

Following the initial survey, Lavery sent out a more detailed survey to current St. Michael's juniors and seniors providing a variety of options for potential plans to present to Samara and

Strashnick. With approximately 215 responses, 86 percent of participants said they are interested in an alternative meal plan besides the two available now. Of this 86 percent, 65 percent said they would not be willing to pay more for an increase in the number of meals available.

"If you want to go from 40 meals to 80, that is twice as much. There must be some more cost involved," Samara said.

To further the process, focus groups will be formed, made up of the St. Michael's class of 2012, to discuss details and create a more accurate representation of students' desires.

Since alterations would require a financial adjustment, any final plan

**"Maybe the 40 meal
plan has run its course
and today's students
need different options."**

Michael Samara
Dean of Students

that may arise must be presented to the president of the college and the board of trustees.

"Once Strashnick and the financial folks do their deliberation, I would envision before it becomes a decision of the college, there would probably need to be another round of communication with student leaders to make sure that what the college comes up with is what the students have in mind," Samara said.

No plans have been solidified yet.

"I see it as a relatively simple thing. Maybe the 40-meal plan has run its course and today's students need different options," Samara said. "The question is pricing: how desirable will it be after folks figure out what it would cost?"



Photo by Bobby Gaglini

Could a lack of contraceptives on campus be the reason for the STI rumors?

STI: Rumors Fill Campus

Continued from page 4

Without treatment, the infections can have serious long-term effects. Untreated chlamydia can be dangerous for women because the infection can spread into an infected women's fallopian tubes and prevent her from ever getting pregnant.

As a Catholic institution, St. Michael's does not allow distribution of condoms on campus. Health Services abides by the rules of the college, and does not provide condoms for students.

"We follow the guidelines of the Catholic faith," Assistant Dean of Students and Director of Residence Life, Lou DiMasi said. "We don't give out condoms because it isn't within the teachings of the Catholic faith."

Residence Life staff members are trained to discuss abstinence with students. DiMasi said he encourages students turn to the Student Resource Center, Campus Ministry, Health Services or the Center For Women and Gender for more information about issues regarding abstinence or sexual activity.

"We work to try to provide a safe environment," DiMasi said. The hope is that one would not be sexually active, and would first consider abstinence. If a student makes the conscious decision to become sexually active, then it is important for them to think about protection."

St. Michael's policy on condoms has been controversial in recent years, especially after many letters hostile to the policy were featured in The De-

fender in April of 2010.

"In this society you have to be realistic," Oleksa said. "What bothers me is the fact that they don't sell condoms at the bookstore, and they don't provide them at Health Services. This [the rumor] is a reality check; something like that could happen. Residence Life preaches safety first, but we aren't giving people the resources for them to protect themselves. Providing condoms should be a necessity."

With the permission of her resident director, Oleksa plans to display information about sexually transmitted diseases on her bulletin board.

Health Services does provide testing for sexually transmitted infections.

"I always encourage people to get tested if they have any questions whatsoever," Masson said. "It is completely confidential here. It is a good thing to do for yourself to make sure you are staying healthy."

Students are not charged for consultations and examinations, and testing costs anywhere between \$20 and \$50. Testing costs are based on the Vermont state lab costs. Various pamphlets about sexually transmitted infections are available at Health Services.

"The only way to prevent an STI is to consider abstinence or consistent condom use," Masson said. "The best means of prevention is education. You have to wonder, is this a call for more education and being better informed on campus?"

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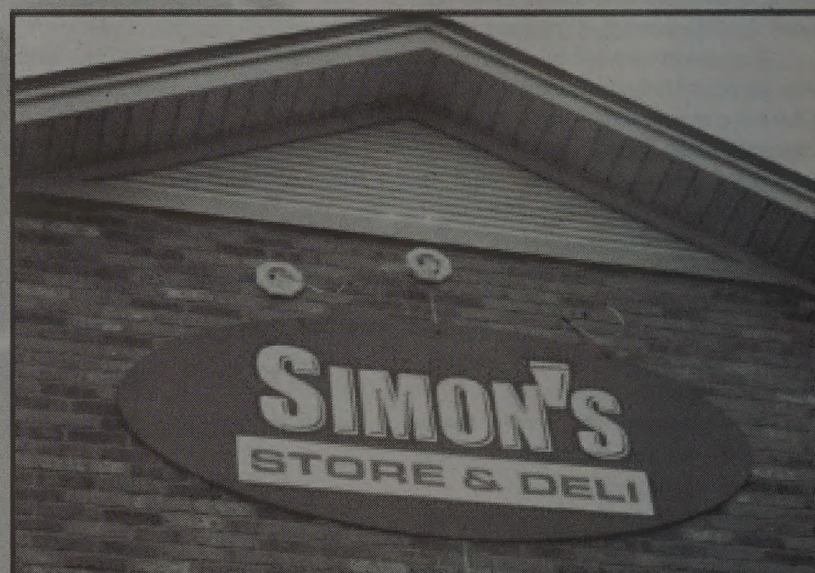
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New Housing Coordinators Begin Work

Three-person team will be the new faces to turn to for issues with rooms on campus

By Gerhard Meyer
Staff Writer

As of Oct. 25, the Residence Life housing coordinator position will be filled by a three-person team rather than by Sheryl Fleury, who held the position for the past 19 years. Associate Directors of Residence Life Joshua Lovergine-Chamberlain and Kerri Leach, as well as the Student Life administrative assistant Denise Tougas,

were selected to take over the housing process.

Creating a three-person team for coordinating housing was a shift of current responsibilities. There really was not a new position opening for a new housing coordinator, Lovergine-Chamberlain said.

"It's not three people doing what one person did; it's just taking pieces of what one person did and giving it up to

individuals who have other responsibilities as well. No one has dropped their present responsibilities. They've just taken on additional ones," said Residence Life Director Lou DiMasi.

Lovergine-Chamberlain, Leach and Tougas are enthusiastic about the opportunity, Leach said.

"We jumped on it and said 'we want to do this,'" she said. "I look forward to another challenge. I look forward to working with students in a different way."

Leach already has experience working with first-years through her current job, so her knowledge will be useful for those new to housing, DiMasi said.

Lovergine-Chamberlain said he filled in for Fleury last November, and that experience helped prepare him for the job.

"I just really enjoyed getting to know the students better, helping them solve their difficulties," Lovergine-Chamberlain said.

Fleury is training the team and said she will be available to help out with the housing process if needed.

"We could not and would not try to replace Sheryl. What we can tell you is that we will work closely with each

student to meet their housing needs as best we can," Leach said.

While Tougas was not available to comment before press time due to medical reasons, Leach spoke of the joint enthusiasm of the new trio: "We were excited. It really ties into everything that we do."

Goals of the new housing team:

- Consistency in student services (day to day room changes, housing students coming back from abroad/ coming off leave/ new students) during this time of transition

- A high level of "customer service" for our students

- Information sharing to key offices (Sodexo, Public Safety, Student Accounts, Registrar's office, and others)

- Manage the room lottery process

Stop in to the Residential Life office in Alliot to say hi to the new team.



Photo by Lily Keyes

New hires: Denise Tougas, Joshua Lovergine-Chamberlain and Kerri Leach.

AMBULANCE: New Tool For Fire and Rescue Squad

Continued from page 5

"A lot of planning goes into it," Jordan said. "We knew we wanted a carbon copy of our 2007 version. So we took those blueprints and just made adjustments that we thought over the past two and a half years would have been better suited for us."

Jordan said Soons has an active role in making sure that what the committee wants ends up happening.

"They are all laid out pretty much the same. That's an operational effi-

"Not a lot of changes were made and the beauty of that is that when you get into one you don't feel like you're driving something totally different."

Matt Jordan '11
Second Lt..

ciency that we strive for," Soons said. "Not a lot of changes were made and the beauty of that is that when you get into one you don't feel like you're driving something totally different."

Adjustments included adding an extra compartment to fit the AutoPulse, which does automated compressions for people who are in cardiac arrest, and changes to the flooring and controls in the actual box of the ambulance. Changes were also made as safety precautions in case the ambulance was to ever get into an ac-

cident. The newest ambulance also features analogue switches instead of multiplex digital, which is featured in the 2007 truck.

"The good news is that we have, over the course of the past ten years, really refined the design," Soons said. "I guess I would say that they're just getting better."

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As the editorial staff of The Defender, we strive to accurately, professionally and ethically report the news affecting the lives of students and our community.

We as a staff take full responsibility for any errors; if you spot a mistake or have a complaint, please let us know.

We publish letters to the editor, as long as they are signed. Letters will be edited only for grammar, spelling, taste, and sometimes length.

Christmas in...November?

Executive Editor



Mia Weber

They say that Christmas comes earlier every year, so I suppose I shouldn't have been shocked when, on Nov. 6, my most recent Starbucks indulgence came over the counter in a festive red cup with jolly holiday-themed animals on it. It should

not have fazed me that Old Navy was blasting Christmas carols or that the Burlington Town Center has suddenly sprouted several jingling wreaths and snow-covered evergreens in the six days preceding Halloween.

I'll spare you the lecture about Thanksgiving developing middle-child syndrome, and the preachy speech about how consumerism is killing the true spirit of Christmas. I love almost everything about the winter holiday season, and I'd be lying if I said I was able to wait long after Thanksgiving to put my decorations up; so why is it that my physical reaction to exponentially early holiday spirit is literally overwhelming nausea and rage?

The more I ponder it, the clearer it becomes. The push towards gearing up Christmas earlier and earlier (i.e. before Daylight Saving time ends) is just another way

to crank up the speed of everyday life; it's just another thing that's happening too soon to stress out about.

Maybe you're of the school of thought that would simply lump Thanksgiving and the entire month of November into the "Holiday Season," or perhaps you just like to be proactive and get your shopping done before the big rush. Fine – I'll give you that. But isn't there something to be said about the extremity of holiday mania? Wouldn't it be prudent to give some scrutiny to the forces driving the movement to expedite the season of giving?

The idea that reliance on new networking, social and communication technology, coupled with the prevalence of convenience everywhere you turn, has given way to an obsession with instant gratification.

Think about it: what will happen to your body if you're eating Christmas treats for 1/6 of the year, instead of just three weeks? What will happen to your bank account if you start shopping the minute the mall decorations go up? And what will happen to your mind and sanity if you start blasting Mariah Carey's new Christmas album the moment it hits iTunes?

I suppose I'll just have to hope I have the self-discipline to isolate myself from the material world until after Thanksgiving if I plan on keeping my winter special occasions truly special.

Mia Weber is a senior journalism major. Contact her at mweber3@smcvt.edu or read her blog at www.sopresh.blogspot.com

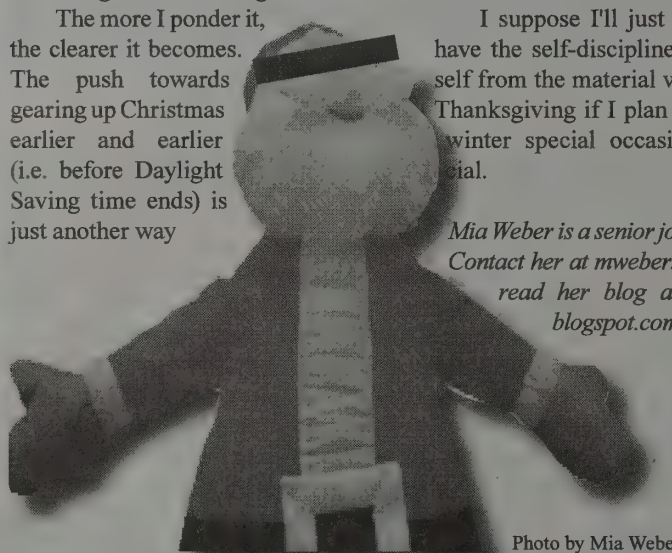


Photo by Mia Weber

Editorial: Tight Race, Apathetic Youth

It's no surprise that seven-term Democratic Sen. Patrick Leahy and two-term Democratic Rep. Peter Welch won their re-election races on Nov 2., but in the governor's race, every Vermonter's vote was crucial as democratic candidate Peter Shumlin beat Republican Brian Dubie by a razor-thin margin of only 4,000 votes.

During the Democratic primary campaign, candidates attended 60 debates for citizens to learn about the issues and policies at stake. Shumlin and Dubie had 13 debates over the span of seven weeks.

This election was important not only because it represented a shift from the eight years with Republican Governor Jim Douglas, but also because three key issues—jobs, health care and the fate of the nuclear power plant, Vermont Yankee—were very prominent.

Since many St. Michael's graduates stay in Vermont after college, the issue of job availability hits close to home. Dubie won support from business groups because he wanted tax cuts and argued for permit reform. Still, many Vermonters put faith in Shumlin because of his promise to reinvest in small businesses and work to keep jobs in Vermont.

Shumlin and Dubie were also divided on the issues of health care and Vermont Yankee, which made the close call on Nov. 2 even more important. Shumlin has consistently been on the right side of the Vermont Yankee issue, as most Vermonters agree the nuclear plant shouldn't be relicensed for operation. Dubie was open to granting the plant an extension with different regulations, making him less popular with an electorate that wants to seek alternative energy solutions.

In terms of health care, Shumlin would like to see the state adopt a single-payer insurance system. Dubie wanted to stick to the federally implemented reforms.

The candidates' emphasis on civic engagement speaks to the issue of political apathy among youth and the extent to which political participation can affect an election.

In the national congressional election only 11 percent of people under 30 voted. This shows a generational divide in the electorate and increasing political apathy within America's youth.

The tight race for governor in Vermont shows how one citizen's vote can drastically impact the outcome of an election and the fate of important local decisions such as nuclear energy, health care, and the issue most frequently on the minds of young Americans—jobs and whether your not they'll get one.

—Kayle Schnell, Managing Editor

Kayle Schnell is a senior journalism & political science double major. Contact her at kschnell@smcvt.edu

Letters to the Editor: Concerns, Criticisms, Compliments

A Moment of Second Thought

Confucius “disparages those who have faith in natural understanding or intuition and argues that the only real understanding of a subject comes from long and careful study.” In our Western society it seems people are too quick to judge or form opinions without knowledge. While I in no way condemn individualism, I find it important that one enlightens one’s self before creating an opinion. Thus I advise the following...

Do not be one who is dogmatic in expression and thought prior to acquirement of knowledge. Do not follow others in conclusion making, do not accept other’s ideations as your own; rather, create your own. Do not give your intuition more credence than it deserves; remain studious, and expand your horizons, for when you allow yourself to accept knowledge you will improve your capacity for accepting and understanding people, particularly those of the St. Mike’s community who may differ from you in belief as well as background.

Therefore, while I may not agree with everything Luke Hollwedel professes (specifically relating to how one properly respects life), I do know he is well informed on the many issues his club tackles, and do support giving Luke and his group “a moment of second thought” and a chance to tell you why he spends so much time encouraging what he finds to be a better “respect for life” on our campus. I support allowing him this opportunity before openly opposing, debasing or disparaging Luke and his group’s efforts and beliefs.

If you have any questions about the Knights for Life I recommend sitting down and talking with Luke in a temperate, inquisitive and non-offensive manner; for he will be reasonable in conversing with you and as a result perhaps you will learn much more than you had originally intended.

-Walter Nash '14

A Proactive Perspective

At least nine gay teenagers have killed themselves in the last month. They were all victims of anti-gay bullying. But this is not news. In response to these tragedies, there has been an overwhelming mobilization of the gay community in the last month to raise awareness of the alarming rates of gay teen suicide: the “It Gets Better” video campaign, the “Love is Louder” movement, the 100-plus students who attended the St. Michael’s vigil, and the remarkable amount of media coverage. The fact is, however, there is anti-gay hatred in this country, in the media, and on this campus.

To claim that anti-gay bullying does not exist at St. Mike’s is an egregious underestimation that is potentially dangerous to those who may be struggling with issues of sexual identity. As sophomores at this school, one of us openly gay and the other a straight ally, we have witnessed a dramatic increase in the usage of derogatory words directed towards the LGBTQ community. On our campus, words designed to belittle or stigmatize people according to their race, religion, gender, sexual preference/orientation, or gender identity should never be accepted. We challenge the opinion published in the Oct. 19 edition of The Defender, that “students do not bully other students here the way they do at other schools.”

If a student is struggling on our campus, this claim, trivializing their experiences with anti-gay rhetoric here or at home, could be enough to send them over the edge. Hearing the word “faggot” could be enough to send them over the edge. It is not evidence enough that St. Michael’s College has not had a gay teen suicide to imply that our peers are not suffering because of anti-gay bullying.

Our intentions are not to claim that St. Mike’s is not accepting. Our

intentions are to claim that acceptance does not eclipse hate. The majority of students may be supportive of the LGBTQ community, but Nick Hogan can attest that hateful language has a tangible impact on the people on our campus. Three weeks ago, Hogan and a group of friends were targeted by another male student who verbally assaulted them with anti-gay sentiments. In that moment, Hogan witnessed a glimpse of the pain and suffering that those gay teens who killed themselves must have felt on a regular basis. Hogan felt this active form of discrimination was designed to make him feel beneath his straight peers. Although

“To the members of our community who are struggling with their sexual or gender identity, know that we are here for you.”

Luke Hollwedel wrote that “bullying and rejection can be as passive and seemingly innocuous as inappropriate language,” in his article “A Pro-Life Perspective,” this portrayal of discrimination simply misses the mark. Inappropriate language is not passive, nor is it innocuous. The overt use of hateful language does exist here, and the almost “pretty picture” that Hollwedel describes is representational of what the problem is; it is the problem.

It must be easy, as somebody with the straight, white, male privilege, to believe that our campus is hate-free; but from those who do not share this privilege, we can assure you that the situation is not so rosy.

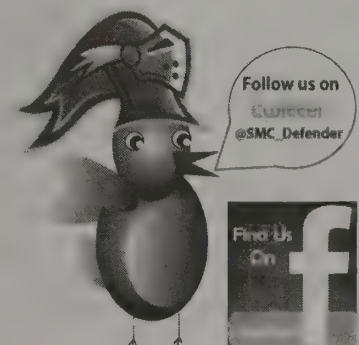
This is, by no means, an isolated incident. There has been a dramatic increase this year in hateful language moving into more public forums on our campus. Following such an epidemic of self-hatred manifested in forms of self-harm and suicide, it is shameful that there are those who have the gall

to claim that it isn’t happening here.

So, where do we go from here? What we’ve attempted is to describe the problems existing on our campus as we see them. If we don’t have a grasp of what the problem is, there is no way to mobilize as a community to fight it. If we can’t accept that the hatred is here, then how can we ever expect to stand in true opposition to it? We, and others on this campus, believe that if you are not part of the solution, then you are the problem. This is as clear-cut as saying that those who don’t identify and challenge the hate, and those who don’t sympathize with victims of hate, are the problem.

To the members of our community who are struggling with their sexual or gender identity, know that we are here for you. We know that it’s not easy; we know that at times you feel hurt, alone and silenced. We can personally attest that there are members of this community who are fighting for you. As Mary Griffith, the mother of Bobby Griffith, who, struggling with these issues chose to end his life, implored, “To all the Bobbies and Janes out there, I say these words to you as I would my own precious children: please don’t give up hope on life, or yourselves. You’re very special to me, and I’m working very hard to make this life a better and safer place for you to live in. Promise me you’ll keep trying. Bobby gave up on love; I hope you won’t. You’re always in my thoughts.”

-Nick Hogan '13 & Rebecca Black '13



Condoms On Campus

Editor



Samantha Merrill

A rumor about a gonorrhea outbreak among first-year students has spread rapidly throughout campus, becoming the butt of many jokes. Regardless of its factuality, the speculation should prompt a larger discussion on the St. Michael's campus – should condoms be made available to students?

From the get-go, I acknowledge that as a Catholic college, the school has no obligation to provide birth control for students, as it goes against moral beliefs of the institution. However, in a country where, according to the Guttmacher Institute, 750,000 girls get pregnant before the age of 20, it is naive to assume that all students will remain celibate until marriage. The United States has one of the highest teen pregnancy rates in the Western world. The proportion of American teenagers who are sexually active is on par with Swedish, Canadian and British teens, but these countries offer comprehensive education about, and access to, birth control.

I understand that a Catholic school doesn't want its students engaging in pre-marital sex; but why does Health Services frequently test students for sexually transmitted infections (STIs) and pregnancy? If St. Michael's wants to brand the institution as one of higher ideals, then it shouldn't be sending conflicting messages.

The Resource Center for Adolescent Pregnancy Prevention (ReCAPP) claims that while the 15 – 24 year-old age group represents 25 percent of the sexually active U.S. population, this age group acquires nearly half of all new STIs. The Centers for Disease

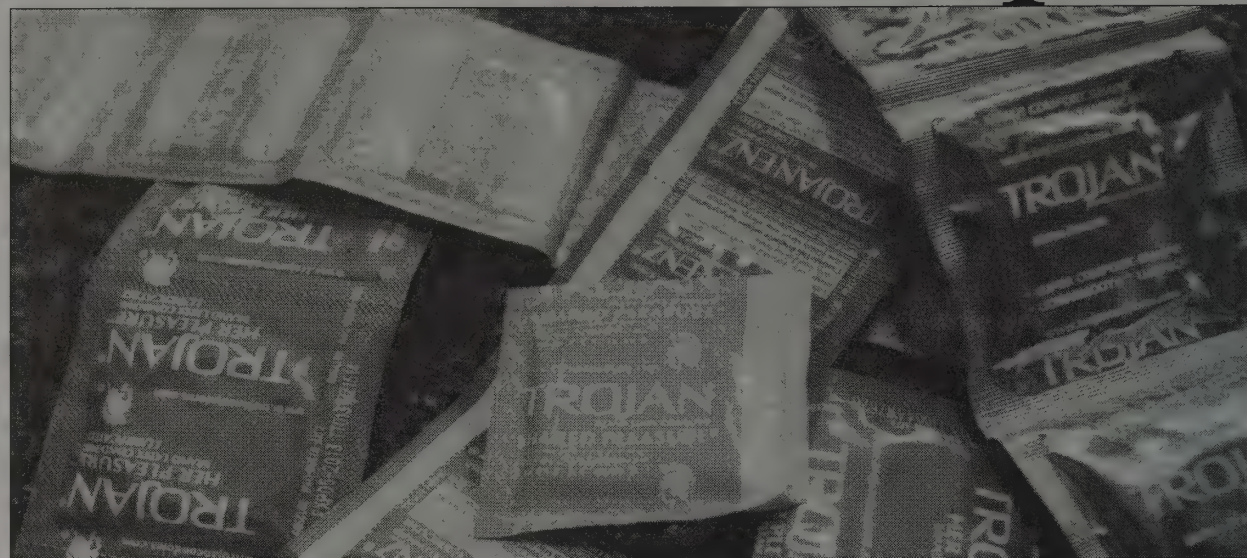


Photo by Bobby Gaglini

Control (CDC) estimates that one in five adolescents has had a genital herpes infection.

Furthermore, young women aged 15–24 are hit hardest by chlamydia, with rates more than five times as high as women overall. Chittenden County has the highest rate of syphilis in Vermont, and one of the highest rates of chlamydia.

ReCAPP describes the human papilloma virus (HPV) as being so common in the U.S. that it is a "virtual marker for having had sex." The CDC estimates that 20 million people are currently infected with HPV; 6.2 million Americans become infected each year, and at least 50 percent of sexually active individuals will acquire an HPV infection at some point in their lives. HPV can lead to cervical cancer in women, genital warts in men and women and, although less common, recurrent respiratory papillomatosis, or warts in the throat.

STIs aside, if the Catholic church believes that participants in pre-marital sex are sinners, let's consider what would happen if a pregnancy resulted from their union. Abortion is one option, also condemned by the Church. Second is the option of unmarried sex partners raising their child. This could result in

a student dropping out of school, which would be bad for the school's statistics. Young parenthood could also result in a difficult life for the child. Furthermore, this child would be raised by the very "sinners" who engaged in pre-marital sex in the first place. Lastly, adoption, while effective in some cases, has bypassed orphaned children all over the world.

Leaving my religious beliefs out of it, if I were to picture God, I would picture an all-loving being who wouldn't neglect the health or safety of his or her children.

While Catholic doctrine condemns pre-marital sex and birth control, it also denounces homosexuality. Yet Common Ground openly exists, with club status, on campus. The group does excellent work educating people and advocating for the rights of the lesbian, gay, bisexual, transgendered and questioning (LGBTQ) community both on and off campus. This serves as an example of a Catholic college turning away from Church doctrine to better serve students' needs.

Once a person is sexually active, condoms, when used consistently and effectively, are the only way to stop the spread of sexually transmitted diseases, HPV and HIV/AIDS, and they are also

an effective way to stop unplanned pregnancies. I am not asking college officials to parade around campus, distributing condoms to every St. Michael's student, but just to allow them to be an option at Health Services.

Obviously, students can purchase condoms next-door at Cumberland Farms, but if students weren't planning to have a sexual encounter, and happened to have a condom that they had picked up from Health Services, that could make the difference between safe and unsafe sex.

Regardless of your views on chastity before marriage, many college kids are having sex. Without promoting pre-marital sex, it is possible to discreetly aid in promoting safe and healthy encounters, and perhaps thwart future rumors of STI outbreaks. By denying access to contraceptive resources and hindering open discussion of sexual health, the college is putting the well-being of a significant population of students in danger.

Samantha Merrill is a junior journalism major. Contact her at smerrill@smcvt.edu



Song suggestions to ease your panic:

"You Got Me"- The Roots featuring Jill Scott
 "This Must be the Place (Naïve Melody)"- Talking Heads
 "Melody Day"- Caribou
 "Window Seat"- Erykah Badu
 "Roses are Free"- Phish
 "First Day of My Life"- Bright Eyes
 "Turn the Lights Down Low"- Bob Marley featuring Lauryn Hill

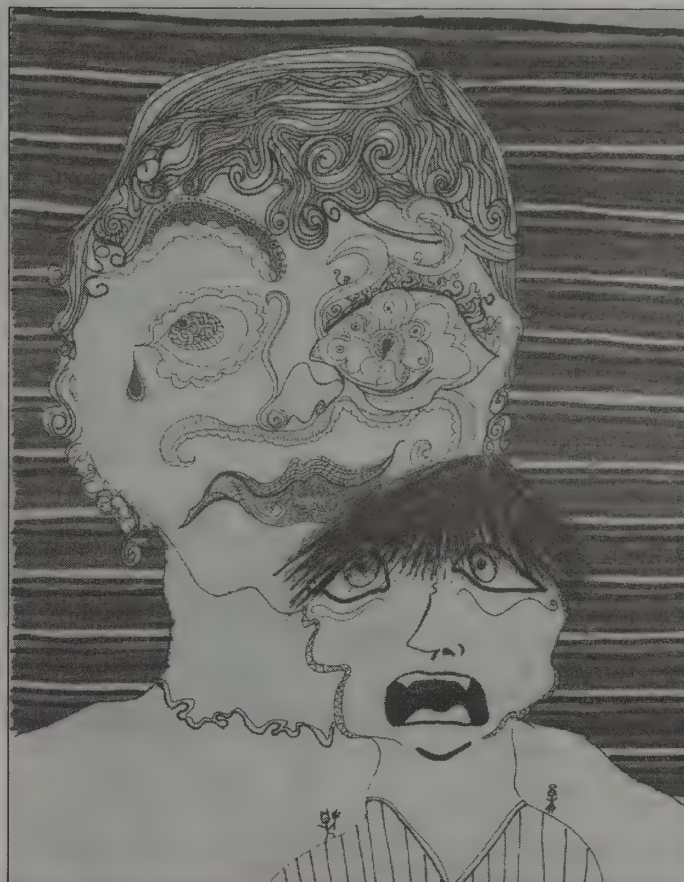
By Samantha Hooper



The Defender invites St. Michael's students, faculty and staff to submit to the Naked Opinion. For a list of upcoming themes see the Naked Opinion online. Please send submissions to magazine@smcvt.edu

Theme Of The Week: PANIC

"If you are going to panic, panic constructively."- Unknown



Artwork by Julia Korkosz '14

Escapism

Naked
Editor



Samantha
Hooper

We all get overwhelmed from time to time. More work piles up as the week moves along and we begin to panic because of the small amount of time we have to do it. But we eventually get it done, don't we? For most of us it means staying up until the wee hours of the morning. But when Friday afternoon rolls around, we know it's time to unwind. It's actually mandatory in my book in order to keep myself sane.

Balancing life in college is difficult. Between studying, partying,

money, part-time jobs, friends and boyfriends, life is always pulling you in different directions.

How do you get rid of stress? For some, it's practicing yoga or pilates to escape the everyday commotion or taking deep breaths at times of stress. For others, it's knitting a blanket or hopping in the car with friends and driving to a concert to let the music relax your mind. Everyone gets rid of stress in different ways. Exercise seems to be one of the best stress relievers. College students often go to the gym because it is another thing on the *to do* list. Winter is approaching and with a \$30 season pass, how could you resist skiing or snowboarding? It is a form of exercise as well as a lot of fun. Even if you don't know how to ski or ride, there

are plenty of people on campus who can show you a thing or two and some professionals at resorts are trained to teach. It is a great and refreshing way to escape from the pressures of campus, so take the opportunity. When a blanket of snow falls over campus in a couple of weeks, I know where I'll be.

The escape that I can always count on to make me feel better no matter how busy I am, is music. Many studies have been done to show that music can relieve stress, and different types of music trigger different feelings. According to Psych Central, listening to music can have a vastly relaxing effect on our minds and bodies, especially slow, quiet classical music. This type of music can have a beneficial effect on our physiological functions, slowing the pulse and heart rate, lowering

blood pressure, and decreasing the levels of stress hormones. Productivity increases when stress is reduced.

Philosopher Friedrich Nietzsche once said "Without music, life would be an error." Music can be incorporated into almost all parts of your life. Try turning off the TV for a while and putting on a playlist or shutting off your phone and taking a technology hiatus for a day. Playing an instrument is a great outlet of expression but also a way of reducing stress in the mind. Get lost in the music and stop panicking about everyday troubles for a couple minutes; you'll be glad you did so.

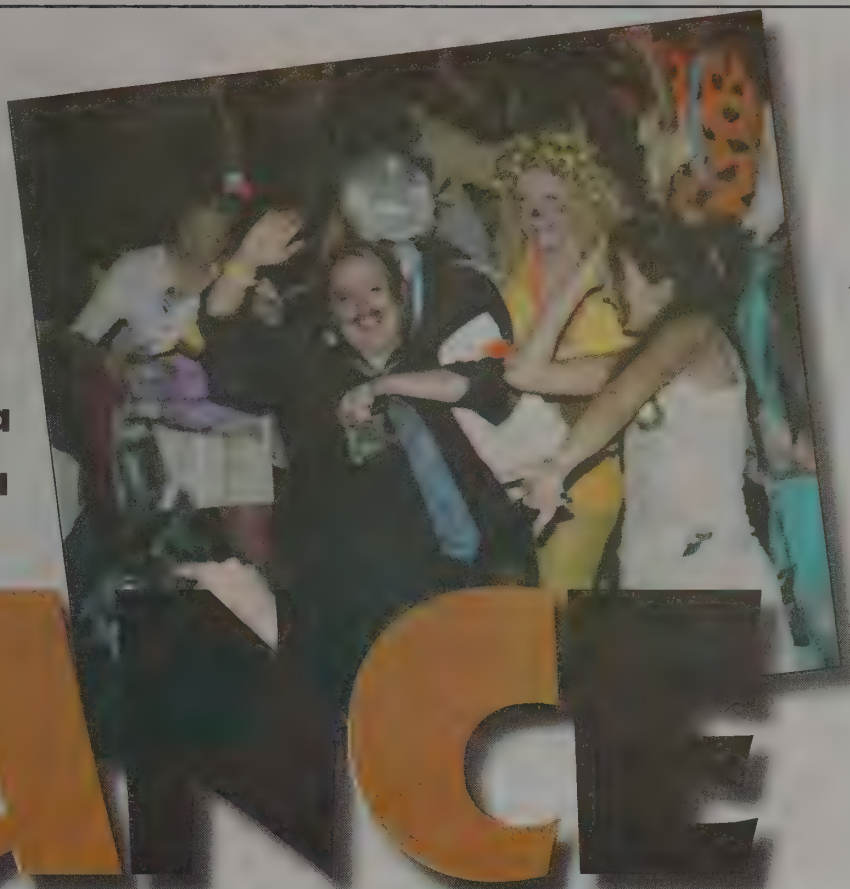
Samantha Hooper is a junior journalism major. Contact her at shooper2@smcvt.edu

Two photographs showing a large, dense crowd of people at a Halloween event. The left photo shows people in various costumes, including a person in a yellow costume and another in a blue costume. The right photo shows a person in a white costume with their arms raised in the air.

HALLLOWEEN



In typical St. Michael's form, students flocked to the Halloween Dance on Oct. 30 wearing the stylish, the scary and the scandalous. Check out The Defender Online for a photo-packed multimedia from the dance!



EN DANCE

Photo spread by Lily Keyes and Bobby Gaglini
Photos by Tim McDonnell



The Naked Review

Guster, with Gusto: A Concert Review

Editor



Bobby
Gaglini

With its unique harmonies, masterly musicianship and sing-along choruses, the band Guster rocked a near sold-out Flynn Center in downtown Burlington on Oct. 28.

The quartet, comprised of three original members

(Ryan Miller, Adam Gardner and Brian Rosenworcel) along with the recent addition of Luke Reynolds, a Cornwall, Vt., native, took the need for seats right from the fans. Much of the crowd stood during the entire show.

"If the person sitting behind you is mad because you're standing, I give you complete absolution from this point forward," Miller stated before the show began.

The band played a broad range of old favorites, peppered with songs from their latest album. The old-school crowd was not disappointed as Guster played fan favorites, from the pop hit, "Amsterdam," to the driving rhythms of "Airport Song." Songs like "Ruby Falls" and "The Captain," which were never hits, still got played, much to the delight of Guster enthusiasts.

However, one of the best moments of the show was when Miller invited a

Vermont, known to the crowd only as Rachel, onto the stage to play three songs on her violin with the band. Rachel had e-mailed Guster prior to the show to see if she could play a few tracks with the band when they came to Burlington.

Fans ranged from a 10-year-old girl sporting a Guster t-shirt, to a balding and sport-coat clad man rocking out with his teenage son.

The concert brought to the Flynn Center the usual Guster zip, with the band pausing only briefly between songs. At each show, Guster shakes the typical band structure a little harder than other groups, with Miller, Gardner and Reynolds continually switching among bass, acoustic guitar, electric guitar, banjo, piano and at some points, ukulele and trumpet.

But the percussionist in the back, Rosenworcel, was often the key to the catchiness of the band's tunes. Throughout the show he would switch back and forth from the drum set to the bongos, each time playing rhythms that expertly complemented the other band members.

However, this relates to one of several reasons that Guster's new album falls flat.

After a four-year hiatus since the band's previous album, "Ganging Up On The Sun," Guster just finished tour-



Guster sings their final song, "Jesus on the Radio" completely unplugged.

Photo by Jenna McCarter '13

ing to promote its sixth studio album, "Easy Wonderful." Yet the album, while containing several catchy songs, does not have the natural flair that accented many previous albums.

Rosenworcel is exclusively limited to light beats on the drum set, with the bongos virtually non-existent. As well, the dichotomous balance between Miller's tenor and Gardner's baritone does not exist on this album, with Gardner solely on back-up vocals.

It was this vocal trade off that gave Guster hits such as "Happier" and "Demons." Instead, the band went for the simpler, more pop-sounding route.

While the album lacks some of the old Guster gusto, it remains worth a listen with new hits such as, "Do You Love Me?" and "This Could All Be Yours."

While the new album is average, the live show was anything but that. Guster delivered a terrific show packed with more than 20 songs that got fans out of their seats, singing along and, at the end, wildly cheering for more.

Bobby Gaglini is a senior journalism major. Contact him at rgaglini@smcvt.edu

Letter to a Furry Friend

Dear Dead Squirrel,

While I was walking to class this morning, I noticed you lying lifeless in the middle of the road. Saddened by the lack of scurry in your step, I sullenly approached you, watching your furry coat wisp in the dancing wind.

Upon my horror of finding you in an unsettling state, I found myself unable to look away from the once-cute critter. Walking closer, I panicked as I saw your face, your gray glassy eye, wide open, staring back at me.

As the red stain of blood begins to fade with the days you are left as road kill, I will continue to walk past you and cry a single tear in your honor, until your fur is scattered in the wind and your bones turn to dust.

Love,
Anonymous

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November Events

On Campus:

Thurs. 11: Presentation on NSF Funding Opportunities

3 p.m., McCarthy Arts Center
Duncan McBride, lead program director of the division of undergraduate programs and the National Science Foundation will speak on NSF funding opportunities for undergraduate education programs.

Thurs. 11: Poetry Reading from New Citizens Army

12:00 p.m., The Farrell Room
Renowned St. Michael's poet/professor Greg Delanty and Iraq veteran Jon Turner will read from the book "New Citizens Army." The book is a collection of poems hand bound, featuring covers made from combat paper.

Fri. 12: Classical Guitar and Accordion Concert

8 p.m., McCarthy Arts Center
Acclaimed classical guitarist John Muratore and internationally renowned accordionist Roberto Cassan will perform (\$15 without St. Michael's ID).

Sat. 13: International Festival

5 - 9 p.m., Tarrant Recreation Center
The 7th annual International Festival is put on by the Saint Michael's College. The festival features cuisine from around the world and performances by a wide array of talented dance groups. (\$5 for adults, \$3 for children ages 4 and over, free with St. Michael's ID).

Mon. 15: Dr. Paul Farmer

7:30 p.m., McCarthy Arts Center
Dr. Paul Farmer, global humanitarian and founder of Partners in Health, will speak on his work (Free).

Tues. 16 - Fri. 19: International Film Festival

6 p.m., 102 St. Edmund's Hall
"My Tehran For Sale" (Tues. 19), "The Shaft" (Wed. 17), "Ocean of an Old Man" (Thurs. 18) and "Shirley Adams" (Fri. 19) will all be shown (Free).

Thurs. 18: Phi Beta Kappa Lecture on History and Climate Change

7 p.m., McCarthy Arts Center
Michael McCormick, the Francis Goelet professor of medieval history at Harvard University, will be the St. Michael's College 2010-2011 Phi Beta Kappa Society visiting scholar. McCormick will give a public lecture on climate change and the fall of the Roman Empire.

Fri. 19: Piano Concert

7:30 p.m., McCarthy Arts Center
Concert pianist Annemieke Spoelstra will give a faculty recital, performing "Schubertiade" (Free).

Local:

Thurs. 11: Benefit Dinner

4 - 9 p.m., Monty's Old Brick Tavern, Williston
Animal lovers take themselves out to dinner to support the Humane Society of Chittenden County. 10 percent of all proceeds are donated to HSCC (Cost of food and drink).

Sat. 13: Chocolate-Dipping Demo

2 p.m., Laughing Moon Chocolates, Stowe
Experience the tempering and dipping process (Free).

Sat. 13: Gingerbread House Contest

10 a.m. - 12 p.m., Montpelier City Hall, Montpelier
Home designers enter sugary constructions for judging and prizes (Free).

Sat. 13: Essex Town Craft Fair

9 a.m. - 4 p.m., Founders Memorial School, Essex Junction
Crafters line aisles with eye-catching knickknacks. A raffle, bake sale and lunch offerings also benefit the Unified Sports Program (Free).

Sat. 13: Pre-Christmas Craft Show

9 a.m. - 4 p.m., Milton Middle/High School, Milton
Gift seekers examine the handmade goods of more than 70 crafters. Non-perishable food donations encouraged. (Free).

Sat. 13: Wagon Ride Weekend

10 a.m. - 5 p.m., Billings Farm and Museum, Woodstock
Riders lounge in sweet-smelling hay on narrated horse-drawn routes (\$3-12).

Sat. 13: Annual Christmas Bazaar

9 a.m. - 4 p.m., United Church of Colchester, Colchester
Secret Santas handpick presents from a sampling of quilted goods, watercolors and jewelry. Proceeds support local church mission projects (Free).

Sat. 13: Autumn Wine Festival and Food Shelf Fundraiser

11 a.m. - 5 p.m., Shelburne Vineyard, Shelburne
Vino lovers toast the season over wine and specialty-food tastings, live jazz music by Joe Capps, and a raffle. Non-perishable donations encouraged (Free).

Sun. 14: Poetry Open Mic

1 - 3 p.m., The Block Gallery, Winooski (Free)

Sun. 14: Antiques Market

9 a.m. - 1:30 p.m., Elks Club, Montpelier
Treasure hunters find bargains among collections of old furniture, art, postcards and more (\$2-5).

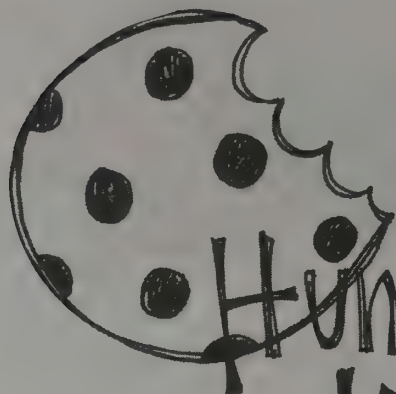
Mon. 15: Herbal Clinic

4 - 7 p.m., City Market, Burlington
Sign up for an appointment to explore the art of natural healing one on one with students and professors from the Vermont Center for Integrative Herbalism (Free).

Mon. 15: Aura Healing Clinic

6 - 7 p.m., Golden Sun Healing Center, South Burlington
People receive treatment for and feedback about their personal energy fields (Free).

This Week's
Don't Miss!



By Ben Taylor, Emme Hughes,
and Jason Berglund

As we all saw the first snow flurries last week, we decided to cook one final autumnal-themed meal to send us off. Once our heat was turned on, we thawed out, took off our Halloween costumes and started to cook. We headed over to Defender executive editor, Mia

Weber's, house and set up shop. She also offered to help; it was nice being the sous chefs for once.

We started off with the pumpkin cheesecake; yes, that's right—dessert first. Taking a page out of the Queen of Butter's cook book, we found a Paula Dean recipe and got started. If you have a heart condition, do not attempt this dessert.

The first thing you need is a spring-form pan; think cake pan with removable sides. The recipe calls for many autumnal favorites. The filling consists of 15 oz of pureed pumpkin, beaten with cream cheese, egg, sour cream, sugar, cinnamon, nutmeg, cloves, flour and

vanilla extract. This was poured over a homemade crust of graham cracker crumbs, brown sugar and, wait for it....a STICK of butter. Cook it at 350 degrees for an hour or so, or until the middle is just barely "jiggly." Let it sit in the fridge for a few hours and you'll be in pumpkin heaven.

The main course was an apple and butternut squash soup. You'll need to first cube up a big butternut squash along with two apples and two onions. Make sure you are using a sharp knife, it makes life much easier—just don't cut your finger tip. Put this onto two sheet pans, add olive oil, salt, pepper and then roast in the oven for 45 minutes. While the squash is roasting, heat up some stock (we used vegetable stock since there were herbivores present). When the squash was done we took the roasted mixture as well as the stock and threw them both into our blender, whom we named Steve. He made quick work of them, blending a deliciously

thick pureed soup. Lastly, we added a touch of curry powder to give the soup a little smoky kick.

So until next time embrace the flavors of autumn and never fear the deliciousness of a stick of butter.

Ben Taylor, Emme Hughes and Jason Berglund are all seniors. Contact them at jberglund@smcvt.edu, mhughes@smcvt.edu and btaylor@smcvt.edu.

Pumpkin Cheesecake

Ingredients:

- 15 oz. pureed pumpkin
- cream cheese
- eggs
- sour cream
- white and brown sugar
- cinnamon
- nutmeg
- cloves
- flour
- vanilla extract
- graham cracker pie crust
- butter

Creative Classics

Med. \$13.50 Lg. \$16.95 Plus Tax

Classic Pepperoni Deluxe

Tomato Sauce, Cheddar/Mozzarella Cheese, Italian Pepperoni, New England Baked Ham, Freshly Sliced Red Onions, Green Peppers & White Mushrooms

Meat Lover's Revenge

Tomato Sauce, Cheddar/Mozzarella Cheese, Italian Pepperoni, Hot Italian Sausage, Ground Western Beef & New England Baked Ham

Nicole's Bacon Cheeseburger Paradise

(Pizza Contest Finalist)
Ketchup Mustard Sauce, Cheddar/Mozzarella Cheese, Freshly Sliced Red Onions, Extra Ground Beef, Cob Smoked Bacon, Sprinkles of Gorgonzola Cheese

Amanda's Six Feet Under

(Pizza Contest Finalist)
Tomato Sauce, Cheddar/Mozzarella Cheese, Fresh Chopped Garlic, Italian Pepperoni, Freshly Sliced Red Onions, Cob Smoked Bacon, Hot Italian Sausage

Hawaiian Island Delight

Tomato Sauce, Cheddar/Mozzarella Cheese, New England Baked Ham, Cob Smoked Bacon, Freshly Cut Broccoli & Sweet Hawaiian Pineapple

Texas Hot Buffalo Chicken

Zesty Tomato Texas Hot Sauce, Cheddar/Mozzarella Cheese, Spicy Chicken Breast, Freshly Sliced Red Onions with Gorgonzola Cheeses

Braised Chicken BBQ

Barbecue Sauce, Cheddar/Mozzarella Cheese, Marinated Chicken Breast, Freshly Sliced Red Onions, White Mushrooms, Roasted Red Peppers

Leonardo's Works

Med. \$14.25 Lg. \$17.95 Plus Tax
Tomato Sauce, Cheddar/Mozzarella Cheese, Italian Pepperoni, New England Baked Ham, Hot Italian Sausage, Freshly Cut Broccoli, White Mushrooms, Red Onions, Green Peppers & California Black Olives

Leonardo's Basics

Sauce & Cheese Pizza

Med. \$9.95 Lg. \$12.75 Plus Tax

Sauces:

Zesty Tomato
Creamy Alfredo
Olive Oil Garlic
Pesto Pine Nut
Thai Peanut

Crusts:

Hand Tossed Traditional
Extra Thin or Thick
King Arthur White
King Arthur Certified Organic Wheat
(Med. add .50 Large add .75)

"Amazing Fresh Roasted" Wings

Regular Hot BBQ Buffalo Thai

Single (10) \$7.25 • Double (20) \$13.50
Double/Double (40) \$25.00 Plus Tax

The Party Pak (Serves 10)

\$42.00 Plus Tax
2 Large One Topping Pizzas, 1 Double Order Wings,
2 Orders Cheesy Bread

*All prices are subject to state and local sales tax.
*All prices are subject to change

Signature Gourmet

Med. \$13.50 Lg. \$16.95 Plus Tax

Basil Pesto Chicken

Basil Pesto Nut Sauce, Cheddar/Mozzarella Cheese, Marinated Chicken Breast, Roasted Red Peppers, Sun Dried Tomatoes, Freshly Sliced Red Onions with Gorgonzola Cheese

Molly's Chicken Mushroom Carbonara

(Pizza Contest Winner!)
Alfredo Sauce, Fresh Chopped Garlic, Cheddar/Mozzarella/Parmesan Cheese, Freshly Sliced Mushrooms and Red Onions, Smoked Bacon, Marinated Chicken

Fennel Sausage Gourmet

Olive Oil Garlic Sauce, Hot Italian Fennel Sausage, Freshly Sliced Red Onions, Fresh Green Spinach with Gorgonzola Cheese

Classic Chicken Cordon Bleu

Olive Oil Garlic Sauce, Marinated Chicken Breast, New England Baked Ham, Fresh Green Spinach, Freshly Sliced Red Onions with Blended Cheeses

Asian Thai Chicken

Thai Peanut Sauce, Cheddar/Mozzarella Cheese, Marinated Chicken Breast, Freshly Sliced White Mushrooms, Red Onions, Green Bell Peppers & Freshly Cut Broccoli

Pizza Toppings

Med. \$1.50ea Lg. \$1.75ea Plus Tax

Italian Pepperoni
Hot Italian Sausage
Fresh Ground Western Beef
Cob Smoked Bacon
Marinated Chicken Breast
New England Baked Ham
Anchovy Fillets
Fresh Plum Tomatoes
Freshly Cut Broccoli
Fresh White Mushrooms
Fresh Green Spinach
Freshly Sliced Eggplant
Freshly Sliced Red Onions

Freshly Sliced Green Peppers
Marinated Sun Dried Tomatoes
Sliced Jalapeno Peppers
Roasted Red Peppers
Freshly Chopped Garlic
California Black Olives
Sweet Hawaiian Pineapple
Marinated Artichoke Hearts
Italian Gorgonzola Cheese
Greek Feta Cheese
Vegan Soy Cheese
Grated Parmesan Cheese
Flavorful Four Cheese Blend

Sides, Salads & Drinks

Breadsticks

Garlic \$3.75 Cheesy \$4.75

Fresh Salads

Garden \$4.75 Greek \$5.75

Drinks

20 oz. \$1.75

Pepsi, Diet Pepsi, Mountain Dew, Sierra Mist, Aquafina Plus Tax

Inspired Vegetarian

Med. \$13.50 Lg. \$16.95 Plus Tax

Vegan Salvation

Olive Oil Garlic Sauce, Vegan Soy Cheese, Fresh Chopped Spinach, Freshly Sliced Red Onions, White Mushrooms, Plum Tomatoes, Black Olives

Gorgonzola Gourmet

Olive Oil Garlic Sauce, Cheddar/Mozzarella Cheese, Green Spinach, Plum Tomatoes, Marinated Artichoke Hearts with Gorgonzola Cheese

Exotic Greek Island

Tomato Sauce, Cheddar/Mozzarella Cheese, Freshly Chopped Garlic, Freshly Sliced Red Onions, Green Spinach, Plum Tomatoes & California Black Olives with Greek Feta Cheese

Four Cheese Fusion

Olive Oil Garlic Sauce, Fresh Green Spinach, Fresh Plum Tomatoes with Mozzarella, Cheddar, Parmesan & Gorgonzola Cheeses

Pesto Feta Mediterranean

Basil Pesto Nut Sauce, Cheddar/Mozzarella Cheese, Sun Dried Tomatoes, Red Onions, Artichoke Hearts with Feta Cheese

Vegetarian Works

Med. \$13.50 Lg. \$16.95 Plus Tax
Tomato Sauce, Cheddar/Mozzarella Cheese, Freshly Cut Spinach, Broccoli, White Mushrooms, Green Peppers, Red Onions, Plum Tomatoes & California Black Olives



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Fifty Pounds Later: *Gaining Control of Weight Loss*

Editor



Kelley Bureau

Between November and April of last year I gained almost 50 pounds after a severe allergic reaction to amoxicillin, which was treated with antihistamines. The antihistamines triggered my already sluggish, yet undetected, and malfunctioning thyroid to virtually stop working the way it is supposed to.

If you read *The Defender* religiously, you may remember a column I wrote last spring about hypothyroidism and my personal experience with the debili-

tating condition.

My primary care physician (PCP) put me on a synthetic hormone that is supposed to help the thyroid function properly. Although the fatigue has somewhat subsided and I've stopped gaining weight, the fact of the matter is that it has become impossible to lose this weight.

The summer before my body went haywire I was in the best shape of my life—physically, emotionally and spiritually. I was a size eight with natural curves and, for the first time in my life, I loved my body. I still reminisce about that summer and I'm in awe of what I was able to fit into comfortably.

For the past year I have refused to buy more than the necessary amount of new clothes in determination that my old clothes will fit again. But I think I'm hitting a crossroads. It's been about

a year since this whole ordeal began and I'm losing hope that this weight is going to come off in the near future regardless

"For the past year, I have refused to buy new clothes in determination that my old clothes will fit again."

of any amount of dieting or exercise.

So, on the anniversary of my thyroid's "death" I have come to realize I have two options: keep staring at my old clothes and make myself miserable over something that is not my fault or embrace this new body that, according to my PCP, is perfectly healthy (with the exception of the thyroid, of course).

You might be reading this and thinking "well, duh, embrace your body," but that is way easier said than done. And, unless you have ever gained so much weight in such a small amount of time, you have no idea what it is like. Granted, I have always struggled with my weight, but I am at a point where I am undeniably heavier than I have ever imagined I would be. I keep telling myself it is not my fault because it isn't, but that fact does not really make me feel any better.

Ultimately, what will make me feel better is taking steps toward loving my body. Getting to that point, though, is what I'm struggling with. I only wish there was a step-by-step guide.

Kelley Bureau is a junior journalism major. Contact her at kbureau@smcvt.edu

Rape: A Crying Shame

Columnist



Josh Hoxie

I lie awake in my bed late on a weekday night. As I try to sleep, I close the window to block out the noise of my peers partying and shouting. But this doesn't help. It's not them keeping me up.

It's not noise at all keeping me up. It's images. Images of people I'll never meet in an area I've never visited, discussing a topic I've never experienced.

Rape.

Images of young girls whose bod-

ies are not developed enough to give birth, yet are pregnant from rape. Women who have been cut open and left for dead. Women whose reproductive organs have been destroyed by rape and can no longer control their bladder. Women who have been mutilated physically and emotionally. Old, dignified women reduced to tears. Girls too young...

I can't get these images out of my mind and before I know it I can't stop crying. I can't at first articulate why I am crying. Then it hits me: the reason these images won't leave my brain is because these are not just strangers. They aren't statistics – they are wives and mothers and sisters. These women could be the women *I love*. They could be my friend, my girlfriend, my sister, my mother. They could be your mother.

The tears keep coming.

I'm flushed with emotions, and I can't stop thinking. How am I supposed

to go about my day with this knowledge? How can I not feel complicit?

I am complicit. The worst humanitarian disaster of our time.

It's about power structures and resources and money and reproductive freedom—I learned this. I'm supposed to be in a privileged position to help people. I'm supposed to be an activist fighting for justice. I'm supposed to stand up for people who can't stand and speak for people who have no voice.

But I'm speechless.

The organizers of the Oct. 26 event on the crisis in the Congo orchestrated a very successful event. They presented a problem, "The Greatest Silence," they presented a way to take action, Dear Hillary, and then they sent us on our way.

I'll send a postcard. I'll send money. I'll write a Facebook post. I'll tell my friends. I'll tell my congressman. It's all so overwhelmingly inadequate. If your mother was raped would you

just send a f***ing postcard?

By this point I feel drained. I feel angry.

I sat in a crowded room watching a film that's been seen by millions on a topic that's not new. I know I'm not the only one embittered with sorrow and rage. I also know that there's no panacea.

That visceral cynicism stings actions I take might make me feel better but they won't solve the problem. Our mothers are being raped. Our children are being raped. Our planet is being raped.

As I sit here, I don't have answers to any of these questions. I grab my laptop and start writing. Maybe *you'll* know.

Josh Hoxie is a senior political science and economics double major. Contact him at jhoxie@smcvt.edu

FEATURES

Powering Up Vermont

New wind turbines will provide an alternative energy source

By Colleen Moore
News Editor

Construction of the Sheffield Wind Project began last month, bringing some Vermonters happiness, while giving others reason to question their own energy sources.

Sheffield, Vt., located approximately two hours east of Burlington, will be home to 16 new wind turbines, which, once operational, will be hooked into the power grids of surrounding towns, as well as in the Burlington area.

The project was initially proposed in 2005, but took five years to get off the ground. First Wind, the company spearheading the project, needed to research the area and gain town approval.

"When we are looking to build a project, we have to collect a year of wind data," said John Lamontagne, a spokesman for First Wind.

Projects as big as Sheffield typically take anywhere from nine months to a year to complete. Lamontagne ranks the Sheffield project as an average-size wind farm.

Once completed, the turbines will produce 115,000 megawatt-hours of energy a year — enough to power 1,500 homes, Lamontagne said. The power from the turbines will be sold to Vermont Electric, Burlington Electric and Washington Electric to be entered into the power grids for counties in northern and central Vermont.

A homeowner could purchase his or her own residential wind turbine for \$35,000, said Richard Wolbach, a UVM utilities engineer who oversees energy management at the university. Turbines typically have a lifespan of 30 years and require minimal

maintenance.

Wolbach oversees the UVM turbine, located off East Avenue. Installed in 2005, the turbine produces 10 kilowatts of energy, or enough to save the school \$50 a month. Energy from the turbine is put directly into Burlington's power grid. The university received grants to help with funding the \$85,320 project, Wolbach said.

While wind energy is a valuable resource, Wolbach cautions against placing turbines just anywhere.

"I'm in support of wind energy in its rightful place," Wolbach said. "You want to be sensitive to the aesthetics of a place, but we've got to do something to be less dependent on oil."

Along with obstructing the view, wind turbines may produce a loud swooshing noise, as well as shadows.

"When it's making that noise, you know it's cranking," Wolbach said. The turbines typically only make a swooshing noise on high wind days, when the wind is blowing 25-35 mph, he said.

In Vermont, wind energy is one of the most expensive forms of energy available, mainly due to construction costs.

"Oil is cheaper, but it has the worst environmental impact. If you flip that, renewable energy is the most expensive, but has the least environmental impact," Wolbach said.

"We believe wind power is a cost-competitive form of

energy," Lamontagne said. "It's not subject to the volatilities that fossil fuels are subject to. Wind has no fuel cost; it has a natural hedge against fuel-based power."

Green activists are calling for the state and businesses to do more to support wind energy.

"We don't have any renewable energy on campus," said Heather Ellis, St. Michael's College's sustainability coordinator. "A lot of the energy we get is natural gas and oil number six. The natural gas is healthier for the environment, but wind, solar and geothermal [energy] would be a lot more sustainable for the college in the long run."

St. Michael's College may not be the most ideal place to host wind turbines, but the school could potentially develop other energy options.

"I think we need to [have renewable energy on campus], especially since we are an institution of higher education, and learning for students extends beyond the classroom," Ellis said. "Who are we to talk about renewable and sustainable energy if we aren't walking and talking and providing examples for the students to physically learn about renewable energy on campus to see how efficient it is and how powerful it can be?"

A wind turbines in
Sheffield, Vt.

Photo by Colleen Moore

Why Soulive Digs Burlington

Q & A with Alan Evans, drummer of Soulive

By David Mooney
Multimedia Editor

Soulive is a soul-jazz trio consisting of Eric Krasno (guitar), Alan Evans (drums) and his brother Neal Evans (piano). Since 1999, they have brought their funky-soul sound to music venues around the world. Higher Ground in So. Burlington has been hosting the jazz-funk trio for over ten years, and Soulive's two-night run last weekend revitalized the band's love for Vermont's largest metropolitan area.

Q: How many times has Soulive played in Burlington?

A: I wouldn't even be able to guess.

Q: When was the first time you guys played here?

A: Sometime back in '99 at the old Higher Ground.

Q: Compared to most other cities, does Burlington stand out in particular?

A: Well, Burlington definitely stands out; we always have really good shows there. I mean high energy crowds and everyone's real into it. On any tour that we've ever done, if Burlington is in that tour it's always a memorable one.

Q: What is it about Burlington that keeps Soulive coming back?

A: The people are just always into it. That's the thing; we always have really good shows there. I just really dig Burlington, I mean, I was playing there even before Soulive. It's one of my favorite spots to play.

Q: What do you and the band do for fun while you're up here?

A: Funny thing is, we're usually only there for a little bit. If we're on a tour bus, we usually split, like, right after [the show] or early in the morning. It's definitely been a while since I've actually hung out in the town. But usually, we kind of bounce around, have some food, hit some bars, you know, stuff like that. I'll definitely have to get reacquainted when we come back.

See SOULIVE page 24



Amanda Hall, '11 (left), Amanda Mulligan, '12, Nathaniel Beliveau, '11 and Katelyn Brisson, '12 star in "The Art of Dining."

Photo by Bobby Gaglini

Nine Students Teach 'The Art of Dining'

By Sarah Roop
Staff Writer

The lights dimmed at 7 p.m. in McCarthy Art's Center on Wednesday, Nov. 3, for the opening night of "The Art of Dining," written by Tina Howe.

The cast was made up of nine St. Michael's College students who have been rehearsing four nights a week, for two or three hours per night since try-outs in September.

Set in the kitchen and dining room of a small upscale restaurant called The Golden Carousel, "The Art of Dining" tells the story of a husband, Cal, played by senior Nathaniel Beliveau, and wife, Ellen, played by senior Katie Healy, who risk it all to provide their guests

with a quality dining experience. Ellen is the chef of the restaurant, while Cal waits on the customers.

Director Catherine Hurst says she chose the play for its humor and peculiarity.

"I love 'The Art of Dining' because it's a play that focuses on the quirks and comic behavior involved in the etiquette of dining in public. It also highlights characters who are trying to satisfy the secret hunger in their personal lives," Hurst said.

The scene was simple, yet elegant, consisting of a dining area with three tables and a kitchen in the background.

Healy remained in the kitchen cooking nearly the entire play. What the audience may or may not have

known was that she was actually chopping and cooking real vegetables on a stove top.

"I want to come out of this with all 10 fingers," Healy said. "Acting while cutting vegetables with a sharp knife is nerve racking."

Members of the audience may have felt like they were dining at The Golden Carousel as the smells of sauces simmering in pots made their way into the crowd.

"The fact that they were cooking the food right in front of me made me feel like I was in an actual restaurant," said sophomore Nora Moore.

The play took place over the course of one evening. During the play, three separate parties enter The Golden Car-

ousel looking for an unforgettable dinner, which is exactly what they get. Each person has his or her own agenda of issues which intertwine with each other's as the play continues.

Cal and Ellen's marriage is put on the line when Ellen goes on a strike because of Cal's constant consumption of the food reserved for the customers. The customers become rowdy at the lack of service, while the couple attempts to work out their differences in the kitchen.

You will be laughing long after the cast takes a final bow. This hilarious comedy will leave you with a smile on your face and a craving for fine dining.

St. Michael's Students Ski Smuggler's Notch

By Lilly Lowe
Staff Writer

Every fall, St. Michael's students gear up for another ski season by purchasing their Smuggler's Notch passes. Smuggler's Notch, with its three mountains and 78 trails, is located just 45 minutes from the campus.

"The Smugg's pass is a privilege," said Eben Widlund, assistant director of the Wilderness Program.

There are expectations of behavior for students that include not skiing closed terrain, treating Smuggler's employees with respect, and not letting anyone else use your pass, he said.

The Smugg's pass was first offered to St. Michael's students in the 2004-2005 season starting at just \$25. The pass can now be activated by students for a \$30 activation fee. The regular student rate for a season pass at Smug-

gler's Notch is \$319.

In order to qualify for the pass, you must be a full time undergraduate student, in good academic standing, and in good standing with student life.

Todd Wright, director of the Wilderness Program, said that students should behave appropriately when wearing their pass.

"When students wear that pass, they are ambassadors of the institu-

tion," Wright said. "The pass is a little billboard on your arm."

The actual process of creating and distributing the passes is time-consuming for Wilderness and the Knight Card offices.

Wright said the biggest frustration is that students don't read the e-mails they receive about activating their passes.

See SMUGG'S PASS page 25

FEATURES

SOULIVE

Q & A with Alan Evans, drummer of Soulive

Continued from page 22

Q: How have you seen yourself progress musically since the start of Soulive?

A: You just get more confident about what you're playing and how you play it. After being together for so long, it's like we know our sound, we know what we're good at, and we really dig doin' it. I think over time, you start to care less about the unimportant things you cared for at the beginning of a band. Now, it's more like, man, we're just up there playing music.

Q: How would you describe Soulive's sound?

A: Wow, man, I've never really thought about that! For me, it's just the culmination of all the influences of pure soul music, and we just throw it all together. Everything that's soulful we're into, and that's the end result of our soulful influences. It's soul, man. Dripping, funky soul.

Sudoku

2	9		5		3			
1							9	
		3			9	6		
9	6	1	2	3	7		8	
		2	6		5	9		
	8		4	9	1	3	2	6
		4	3			5		
	1							2
			9		6		1	4

*The numbers 1-9 must appear in every row, column, and box.

Campus SPEAKS

What is your biggest fear about graduating?



"Staying alive."

Meg Guarente, '11



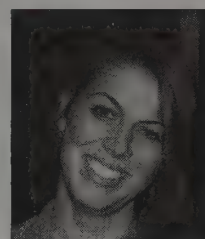
"Act One is no longer my safety net."

Eddie DiDonato, '11



"Not being able to be excited about graduating."

Eric Hanko '11



"Not having money"

Emily Ham, '11

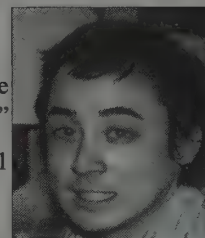


"Being a real person."

PJ Mondanir, '11

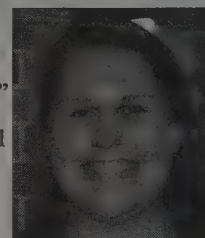
"Not being able to make memories."

Michael Fecher, '11



"Moving out of my home."

Lindsay Keating '11



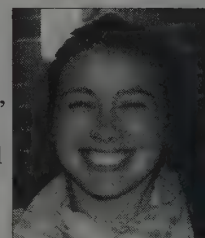
"Daytime drinking will no longer be acceptable."

Justin Dimatteo '11



"Having to act my own age."

Abby Wetterland '11



"Living at my parents' house forever."

Alysia Goldman, '11



Registering the Needs of Students and Faculty

New courses explore the interests of professors, while providing academic diversity for students

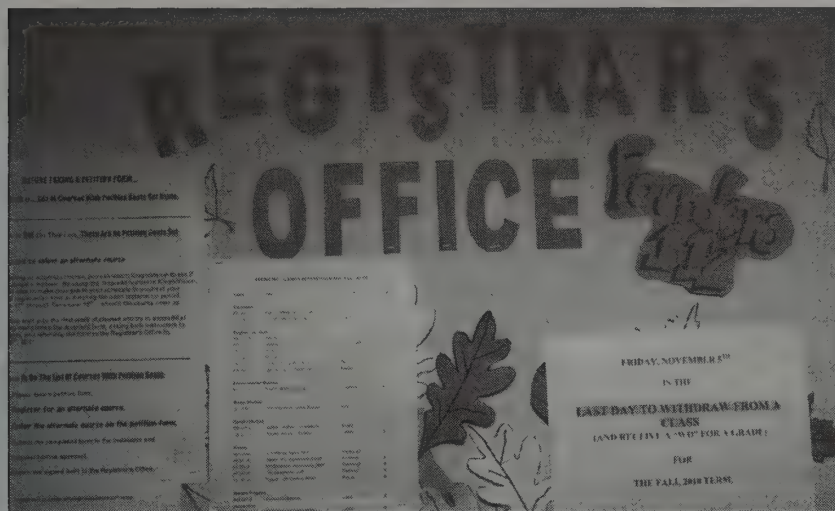


Photo by Bobby Gaglini

The board outside the Registrar's Office provides information about new courses.

By Shannon Moore
Staff Writer

Every fall and spring, students are faced with the challenging registration process for the classes they will take in the upcoming semester.

The addition of new classes brings another element to the registration process. For a new class to be added, the department of academics it falls under or the professor who created the class notifies the registrar's office of the class details. The registrar's office then adds the class to the course catalog.

"We receive the course list a department wishes to offer well in advance to the semester," said John Sheehy, the registrar.

Many new classes fall under the category of special topics, which are classes that tend to change in the department each semester to allow professors to teach their interests. Karen Talentino, vice president of academic affairs, will be teaching a marine biology class in the spring semester, which is a class that falls under the special top-

ics of the recently added environmental studies program.

"I've taught this class many times before. I'm a biologist by training but I like to teach," Talentino said. "I know there was a strong interest in marine biology and if there is a strong enough interest it can lead to this class always being taught."

Talentino originally ran the idea through the biology department coordinator, Valerie Bansbach, who decided to run the program as a special topics class so it could run this upcoming semester rather than having to go through the process of adding it as a permanent course for the environmental studies program.

"Most faculty members enjoy teaching new classes," Talentino said. "It keeps them excited about teaching and gives them an opportunity to express their interests."

The time it takes to add a new class depends on the timing of the proposal. When a class is proposed during the advising and registration period, the class tends to be added to the schedule immediately. However, this makes it difficult to spread the news of the class.

"If it's late in the registration process, the registrar's office may send an announcement to students and advisors

about the addition of the class," Sheehy said.

For the upcoming spring semester Jon Hyde, a journalism professor, will be co-teaching adventure filmmaking, a recently added class, with Todd Wright of the Wilderness Program. The course will combine film production with Wilderness Program's outdoor activities.

"The hardest part was Todd and I finding time or making time to make it happen," Hyde said.

Hyde sent an e-mail to students to inform them of the new class, as well as make it clear the class was open to students of all majors while Wright also posted the class on the Wilderness Program's Facebook page.

"Professors should try to teach new classes every few years," Hyde said. "It's good for their own development and growth and challenges professors to get a new look at their own fields."

Caroline Biles, a sophomore business major, often notices new classes when registering, she said.

"I always take time to search the whole catalog in KnightVision because the offerings aren't always the same as the term before," Biles said. "Sometimes you can find a really interesting class that you would love to take."

SMUGG'S PASS

Continued from page 23

"Students come in the office all the time asking when and how they can get their pass," Wright said. "We hear it 900 times in a season. Read the e-mails and follow the instructions."

Greg Sullivan is a senior at St. Michael's and one of the 1200-1300 students who activate their Smuggler's Notch pass each year.

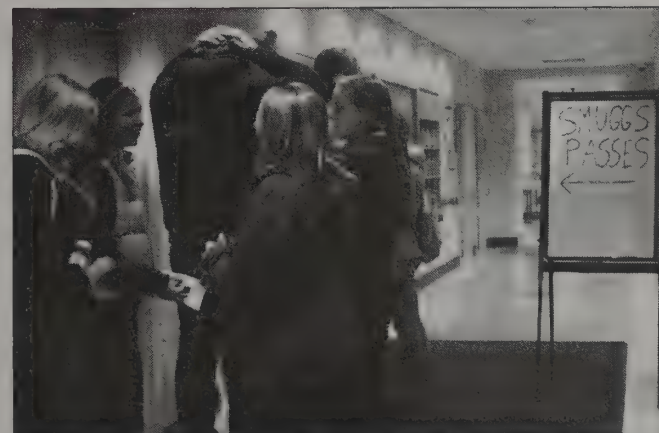
"I was never a skier until I started at St. Mike's," Sullivan said.

Sullivan got the pass his first and sopho-

more year and went about 12-20 times each season. He plans to activate his pass again this year for his final season at St. Michael's.

"The whole Smugg's experience, including the ride there and the ride back, has been such a part of the whole St. Mike's experience," Sullivan said.

The wait is almost over for eager skiers and boarders ready to hit the slopes at Smugg's. Opening Day is scheduled for Sunday, Nov. 27, weather depending.



Students wait to pick up their passes on Nov. 4. Photo by Lily Keyes

Alumni Internship Program: Round Two

After few students received internships, directors are making new plans for this year.

By Lizzie Tribble
Staff Writer

In the spring of 2010 the alumni internship program was created to connect students with alumni around the country for a chance at a summer internship. The success of this program, however, was less than expected, as only 10 out of the 60 students that applied actually received internships through the program.

Ryan Magee, '11, was one of the students who applied to the program. Magee received various e-mails from Alumni Internship Program Director Joanne LaBrake-Muelberger about possible leads for an internship in the business field. Magee said he was disappointed with the responses he received, and he did not end up getting an internship through the program.

"Out of my four friends I only know of one who got responses back from alumni. I didn't even hear of [any] possibilities." When asked about his overall experience with the program, Magee simply answered: "I didn't even have an experience."

Applicants were required to be of junior standing with a minimum of a 2.7 grade point average if they wanted the internship to count as academic credit.

"We wanted students that would represent the school both academically as well as personally, so there was an application process," LaBrake-Muelberger said.

The internship office had a list of over 200 potential busi-

nesses for educational student internships, and possible pay was decided at the employer's discretion.

One of the Alumni Board directors, Keith Maloney '66, said the board was responsible for accumulating a list of alumni who had available internship positions. The board spent several weeks creating lists of alumni who "had title of director or above," explained Maloney. The groups were then broken into manageable geographic regions, such as Boston North Shore and Boston South Shore, and divided among the directors, he said.

The matching process started in early March and went through late May. LaBrake-Muelberger received job descriptions from various alumni and a description of open internship positions. She then e-mailed the information to the applicants to provide an opportunity for students to contact employers.

"Out of my four friends I only know of one who got responses back from alumni. I didn't even hear of [any] possibilities. I didn't even have an experience."

Ryan Magee '11
Alumni Internship Applicant

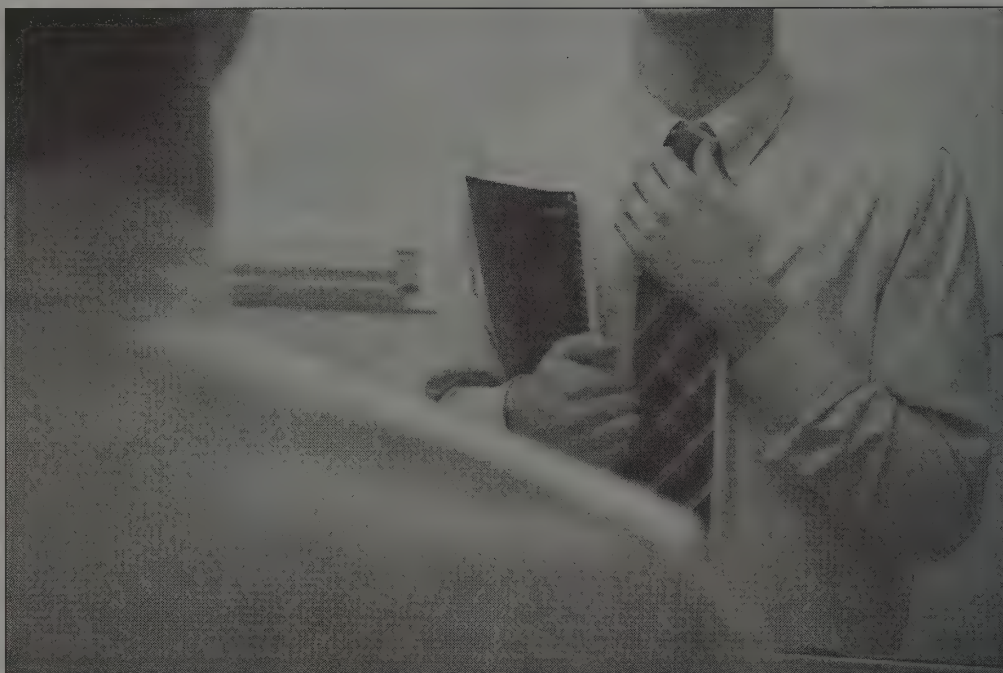


Photo illustration by Lily Keyes

"Sometimes it was one student; sometimes I would send eight students the same internship description and they would contact the alumni," LaBrake-Muelberger said.

The program was only able to place 15 percent of the applicants at an internship site.

"Placing only 15 percent, that was not what I would call a success," Maloney said. The biggest misconception that students had about the program was that they were not absolutely guaranteed placement in an internship, Maloney said. Hence, he said the feedback is mostly negative toward the programs return to campus this spring.

During the first board meeting of 2011 in January, Maloney, with the help of Michael Rideout, '94, will be presenting an alternative approach

to the internship program. Even though it will follow a similar process as the previous spring to keep the momentum going, Maloney plans to introduce the use of a new computer software program.

"Most companies have picked their interns and had applications out by December or January," Magee said. "So they [program officials] should start it first semester instead of second."

The Alumni Board is planning to create a website similar to the famous match-making site, e-harmony.com. Upon the development of the program, students can create a profile and list interests relating to a possible internship field, regardless of their major.

According to Maloney, the potential alumni employers would have the opportunity to

describe possible internships they have available within their companies. The website would find the similarities within the two profiles and match them. It would be up to the alumni and student to actually contact each other.

Maloney said he hopes to lobby within the board of directors to open the program up to all grade levels. He also hopes to expand to other businesses, outside of the alumni network. "Meaning [the program] is exclusive to St. Michael's alumni and St. Michael's students," Maloney said.

Maloney said he has great expectations for the future of the program but it all depends on the student body's response this upcoming spring.

Cats Defeat Knights

In annual UVM-SMC game, Cats emerge victorious 69-60

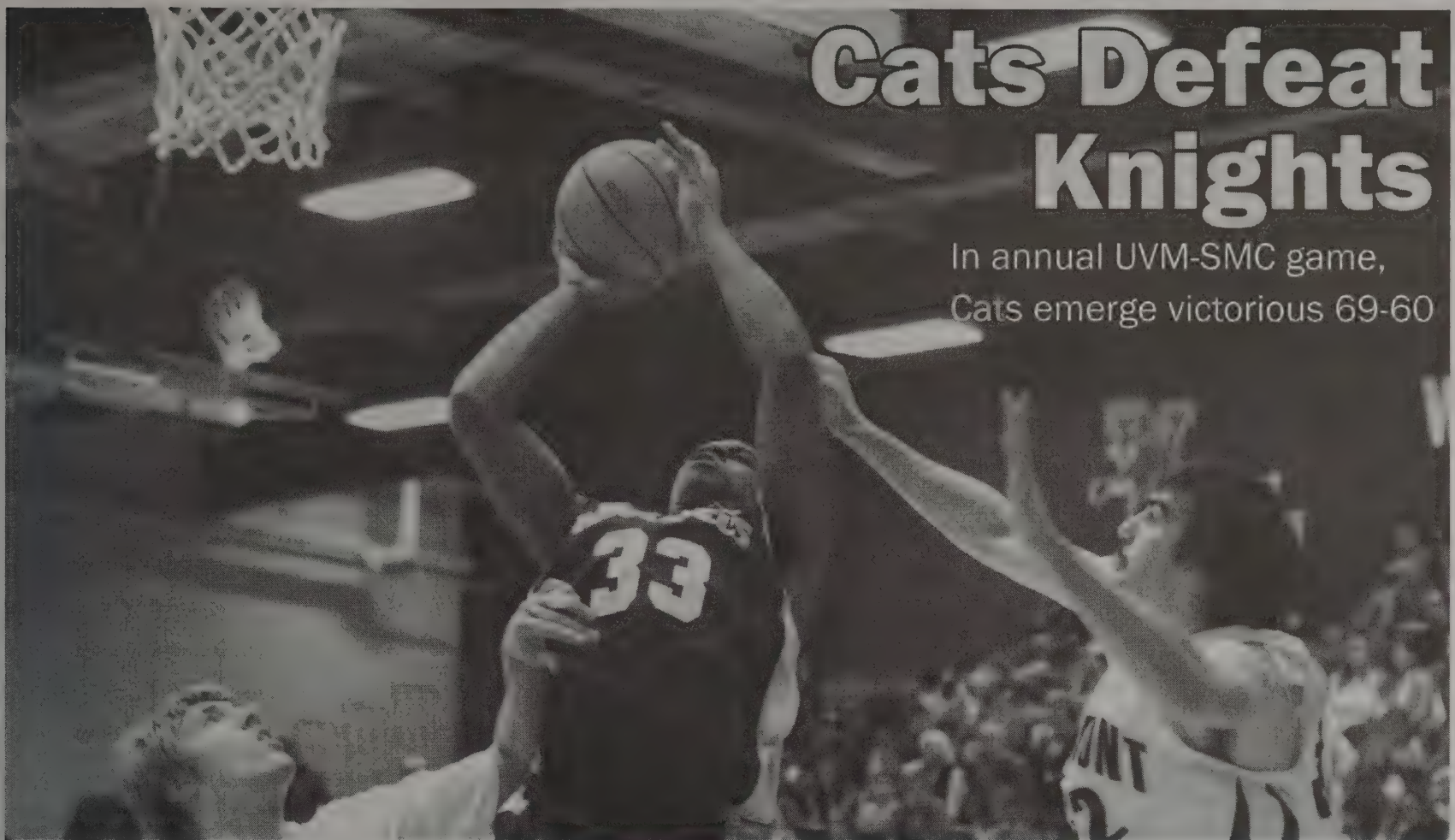


Photo by Bobby Gaglini

First-year Kareem Amedu goes up for a shot in a game against UVM on Saturday Nov. 6. Amedu finished the game with eight points.

By Meghan O'Brien
Multimedia Editor

As fans piled into Patrick Gym at UVM, the St. Michael's men's basketball team warmed up for its exhibition game against the Catamounts Nov. 6. St. Michael's and UVM are not in the same division; but the Knights lost by only nine points. The schools chose to only scrimmage against each other for the thrill of the cross-town rivalry.

"[The rivalry] has been there forever," said Dave Landers, faculty athletics representative.

In the past six years St.

Michael's has lost by an average of 19 points each game.

In the 70s, schools had to decide which division to go into, said Zafir Bludevich, senior associate athletic director. UVM chose Division I; St. Michael's chose Division II.

A Division I school can award scholarships in several sports. However, for a Division II school, scholarships are given for only men's and women's basketball, Landers said.

Last season UVM made it to the NCAA Division I Tournament as the 16th seed in the Western bracket and was defeated in the first round by Syracuse.

The difference in size is

also a factor in Division I basketball.

"The forwards and the centers in the league are usually a lot bigger, a lot stronger, and often times are more dynamic players," said Michael Harding, head coach of the Purple Knights men's basketball team.

The men on his team look forward to the game, Harding said.

"When we play against some of the best competition in the northeast, there's no question that it will get us ready to play our season opener," he said.

Senior co-captain Chris Hurley also said the exhibi-

tion game is a good test for the team.

"It's fun because we really have nothing to lose," he said.

To prepare for the game, the team watched a lot of film and got bios of each UVM player, Hurley said. The team got to see what mistakes the Catamounts have made in the past and to learn what each UVM players' tendencies are.

Harding said the Purple Knights have had tough practices in preparation for the UVM game and also for the beginning of the D II season.

At half-time on Nov. 2, the Purple Knights were down 43-20 to the Catamounts.

"In the first half, we

came out a little bit nervous defensively," Harding said. "We weren't quite aggressive enough on some of the stuff we planned on defensively."

In the second half, St. Michael's cut the lead to seven, spurred by a three-pointer by Michael Holton, Jr., with 29 seconds left in the game. The Purple Knights ended up falling to the Catamounts by a score of 69-60.

"I was really proud of how our guys fought back and kept playing," Harding said. "They did a really nice job competing all the way through the second half."

A Long Road to Recovery is Just Beginning

Junior Matt Benedetto was injured skiing in the spring, but stays positive despite several surgeries

By Kyle McCarty
Staff Writer

"They told me they might have to amputate my leg," Matt Benedetto, a junior at St. Michael's College said as his eyes drifted toward his curled toes.

Benedetto has always had a close relationship with his legs; hiking Vermont's weather-beaten terrain, skating the cracked pavement on campus, but more than anything, he loves to ski. For Benedetto, the tingling sensation creeping up his spine as Vermont's winter approaches isn't from the cold, but rather the insatiable itch to ski the Northeast's famous mountains with the people he has come to love.

"I'd say [skiing] is how I would define my life."

Matt Benedetto '12

While Benedetto continues to live by the values skiing has taught him, one fateful accident last year showed him how quickly life can change.

The sun beat down on icy slopes through the crisp spring air on March 28, 2010 at Loon Mountain Resort in New Hampshire. Local talent and top riders from all around the Northeast flocked to the popular mountain for the yearly 382, Battle My Crew competition.

"We've gone to the event

every winter since I've been in high-school. It's always one of my favorite events and always has a creative set up and a good group of kids," said junior Joe Tyson, who has been a friend of Benedetto's since their first year at St. Michael's. "The big feature this year was the channel gap. All weekend people talked about how the trail wasn't wide enough for the feature, making the landings too narrow," Tyson wrote in an e-mail.

Little did anyone know that the riders' fears would soon become a reality, with Benedetto at the center of it all.

"There was a 20 foot gap in between the two jumps that had rails placed at the bottom," Benedetto said. "I decided to try a rodeo, and halfway through the trick I noticed I was drifting into the gap. I fell off the jump and I hit an ice wall with my right leg."

Benedetto's trick, the rodeo, a back flip while simultaneously spinning 180 degrees, is considered one of the more difficult tricks to perform. And while fellow riders applauded his effort, Benedetto came crashing down over 30 feet into the concrete-like ice wall. His extended right leg hit first, collapsing the bones underneath his weight.

Tyson, who was photographing the competition, recalled the accident.

"I was shooting the jump from the top so I was right above him. When he fell I think we were all expecting him to be in a lot worse shape," Tyson said. "We ran down to him and



Photo courtesy of Matt Benedetto

As Benedetto was being rolled into his first surgery after the accident he posed for the camera.

it was clear he was in pain but he was real calm about it."

While Benedetto appeared to be overcoming the pain, nobody was aware of how serious the injury would turn out to be.

A local ambulance rushed to the scene, but soon determined that unless he could be airlifted from the mountain by helicopter immediately, he would be in danger of losing his leg. Benedetto said a helicopter raced to the mountain, flying Benedetto to a nearby hospital in New Hampshire.

"The biggest problem for the first three weeks was that I had compartment syndrome," Benedetto said. "Basically, my leg was so swollen it was cutting off the blood circulation and my nerves, so they made two slits down the side of my leg so my skin could expand."

Benedetto wasn't able to be moved from the hospital for most of the month, undergoing nine surgeries in just three weeks, all to relieve the swelling and pressure on his leg.

Once the hospital determined it was safe, he was transferred to a New York Hospital closer to his home in Hudson, N.Y., where he would stay for another four-and-a-half weeks while the doctors focused on repairing the shattered bones of his leg, Benedetto said.

His last surgery on Oct. 11 put him at a grand total of 14 surgeries over just seven months. While his time under the knife may be over, Benedetto has only begun to realize how long his journey to healing will be.

"I've decided I'm taking skiing off this year," Benedetto quietly explains. "I'd rather

wait now than have something wrong with me for the next ten years."

While the sport he loves may be absent this year, his smile that people have come to know is far from gone.

"His attitude has been amazing," said his mother Mary-Anne Benedetto. "Everyone has been so supportive, and that was the key to Matt being able to come back this semester."

Through the support of his friends and family, Benedetto said he has overcome what many consider to be the greatest hurdle for athletic injuries, understanding what he has lost, but realizing what he has gained.

See **BENEDETTO** page 30

Knights Skate Into Season With Optimistic Outlook

Women's ice hockey wants to overcome its weaknesses and its opponents

By Gabbi Hall
Staff Writer

The St. Michael's College women's ice hockey team fell to Buffalo State College (BSC) 2-0, in the first game of the 2010-2011 season at Cairns Arena in So. Burlington on Saturday, Oct. 30. The team has lost 21 of its past 26 games dating back through 2009, but is working hard to tack on some wins.

Team co-captain Emily Paquin, '11 said the team played well, but that there were a lot of first-game nerves.

"We only had two weeks of practice as a team, so people were still learning our system. But it was a really promising game overall," Paquin said.

Standout players included seniors Meghan Collitti and Kelly Rose Losi, who made four and three shots-on-goal, respectively. Senior goalie Alysia Goldman saved 23 of the 25 attempts.

Several times during the game, the defense loosened up and BSC made a shot from the kill zone, but for Goldman it was nothing, assistant coach Jennifer Wilson said.

"[Goldman] stood on her head. She played absolutely phenomenally," Wilson said.

While the BSC Bengals took 25 shots-on-goal, the Purple Knights had only 15. Several players, including sophomore Chrissy Skrzat, believe the key to success will rely on the team creating more offensive opportunities.

"We need to pepper the goalie with shots. Our coach always tells us 80 percent of goals in women's hockey come from rebounds," Skrzat said. "So it's just a matter of shooting and if it doesn't go in you have to get to the net to get the puck."

However, scoring goals is not the only issue. Paquin explained that an-

other team problem was fitness.

Wilson said she has been using information from head coach Chris Donovan and knowledge from her hockey career to revamp the dry land program. The training program included jump-roping, box jumps and short sprints to improve the team's speed and agility on the ice.

"[Off-ice training] was intense," Wilson said. "There were days where I definitely felt for them."

Wilson said that parents approached her after their first game and said it was amazing how much quicker they were. She also said that the athletes have approached her about their increased level of comfort on the ice.

This season, the Purple Knights are hoping to surpass the pre-season prediction of finishing second-to-last in the 12-team Northeastern division of the Eastern College Athletic Confer-

ence (ECAC) standings. Last year, the team ended the season with a 3-20-2 overall record. Against teams in the conference, they racked up only one win, finishing 1-17-1.

Skrzat said that the ranking prediction could cause other team's to take games against the Knights less seriously.

"When you see them putting freshmen on the ice or playing their weaker players, it brings you down. You want to play and prove them wrong," Skrzat said.

Wilson said that when students leave St. Michael's, the discipline and hard work correspond to life outside athletics. She said she hopes the team will learn that playing is about more than just hockey.

"Of course, it's always nice to win too," Wilson added.



Photo by Bobby Gaglini

First-year forward Madelena Santore battles for the puck along the boards in the Knights season opener on Oct. 30.

Road to Recovery

BENEDETTO:
continued from page 28

"It just really puts things into perspective," Benedetto reflected. "I mean ten seconds changed the rest of my life. I'm never going to be able to do the things I used to do."

Friends like Tyson say nothing is stopping Benedetto from enjoying the life that skiing has given him. Bound to crutches in the meantime, he can be seen smiling as he

quietly makes his way across campus, thinking of new ways he can participate in the industry. Whether it be filming, taking pictures or just being there for his friends, nothing can separate Benedetto from the mountain atmosphere he grew up on.

Even though his infectious smile tells a story of happiness, he says nothing can make him forget how easily life can be taken away.



Photo courtesy of Matt Benedetto

Benedetto's right leg after the first surgery on March 28. The metal rods are holding his leg together.



Peace Corps Information Meeting

Date: Wednesday, November 17

Time: 5:00 p.m.

Location: Alliot Vermont Room at St. Michael's College

* Stop by our Alliot Hall information table from 11 a.m. to 5 p.m.

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Matt Benedetto's 14 Surgeries

- ▶ March 28 - Stabilize bones with external fixtures, fasciotomies for acute compartment syndrome.
- ▶ March 30 - Surgery to alleviate continued pressure on nerves, resulting in numbness and loss of movement.
- ▶ April 1 - Surgery to assess swelling and attempt to put in an external tissue expander to help close fasciotomies.
- ▶ April 3 - Attempt to close fasciotomies; still too much swelling.
- ▶ April 6 - Assess muscle viability and attempt to close fasciotomies, again, too much swelling.
- ▶ April 8 - Skin grafts on both sides of calf still unable to close due to swelling.
- ▶ April 12 - Transfer from Dartmouth Hitchcock Hospital in N.H. to the Hospital for Special Surgery in New York City.
- ▶ April 14 - Surgery to address bones, ligaments tendons and cartilage on lateral side. Very long and difficult surgery.
- ▶ April 17 - CT scan revealed a pulmonary embolism.
- ▶ April 20 - Surgery to implant an Inferior Vena Cava (the main vessel returning blood from the lower half of the body to the heart) filter in lungs for pulmonary embolism.
- ▶ April 28 - Surgery to address bones, ligaments, tendons and cartilage on medial side. Found deterioration of muscle below the knee. Surgery was discontinued to determine course of action.
- ▶ April 30 - Blood cultures come back positive; an infectious disease doctor came to treat for blood infection.
- ▶ May 4 - Another surgery to address bones, ligaments, tendons and cartilage on medial side. Additionally, a plastic surgeon removed a section of muscle from back of calf to replace deteriorated muscle below knee. An additional skin graft was required.
- ▶ July 13 - Remove lung filter.
- ▶ July 20 - Manipulation to break up scar tissue around knee in an effort to gain mobility.
- ▶ October 11 - Additional manipulation to break up scar tissue around knee in an effort to gain mobility.

Schedule

► **Wednesday, Nov. 10:**

Field Hockey @ Bentley, 6 p.m.

► **Friday, Nov. 12:**

Women's Hockey @ Southern Me., 7 p.m.

Men's Basketball @ Stonehill Tip-Off Classic vs. C.W. Post, 5 p.m.

► **Saturday, Nov. 13:**

Field hockey vs. American INT'L, 1 p.m.

Women's Hockey @ Plymouth St., 5 p.m.

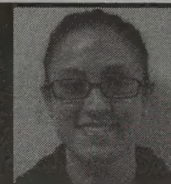
Men's Basketball @ Stonehill Tip-Off Classic vs. Caldwell, 1 p.m.

Men's and Women's Swimming & Diving @ Clarkson, 1 p.m.

Artwork by Erica Friede

Knight Writer

By: Kayla Norris



A Hit to the Head

A hot topic in sports news has been the increasing number of reported concussions and how they are affecting people of all ages. A concussion, now mostly referred to as a brain injury, is caused by a blow to the head or body and can result from hits by other players or a hit against the ground or equipment.

St. Michael's College Athletic Director Jim Murdock said many of the protocols related to college athletics and concussions have changed in the past few years. He said the National Collegiate Athletic Association (NCAA) wants all players, coaches, faculty, staff and other students to be informed about what a concussion involves. The NCAA wants players to know the symptoms of a brain injury so they can be held accountable for themselves, which will lead them to be more responsible when it comes to their own health.

"The guidelines that were initially established for sports were really for adults," Murdock said. "Even high school athletes really weren't dealt with well. There are a lot of different signs and symptoms, so that educational component of the new guidelines and the definition of a concussion is the main thrust behind the NCAA mandate."

Another thing that some colleges, and even high schools, are using to help build a baseline to compare data for each player is a new computer program called Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT). ImPACT is only one element of protection that schools are using, along with a concussion fact sheet for student athletes and a statement that each player has to sign before their season. The statement notes that he or she is informed about concussions and that the athlete will react in the appropriate manner if the signer or a teammate gets one.

Because all of the negatives of concussions are overflowing into mainstream media, the public is becoming aware of short, and long-term effects of brain injuries. Even entire leagues, like the National Football League (NFL), have created penalties related to head-on-head contact during games.

The NFL is fining players who use their helmets to directly hit their opponent's helmet. This technique is dangerous and now illegal. This may seem like a fantastic concept, but the NFL is not suspending players and the fines keep piling up. There need to be bigger consequences so that there is incentive to change the way they play the game.

The money is catching up to Pittsburgh Steelers' outside linebacker James Harrison who has been fined three times this season for a grand total of \$100,000. Harrison talked about this in an interview with the Pittsburgh Tribune on Nov. 4 after a meeting he had with NFL commissioner Roger Goodell.

"The amount of money is becoming an issue," [Harrison] said. "Two of the fines they issued to me weren't even called penalties, so I don't know what to say."

It's good that colleges are informing their players on the short-and long-term effects of brain injuries because it is making students take the issue more seriously. The players are thinking more about their brains.

Hopefully, the technology being used now will be able to develop a database of information related to concussions and in the future we will be able to treat them better. They all vary in degree and duration, but the more information we gather, the more likely something concrete will be discovered.

Kayla Norris is a senior journalism major. Contact her at knorris2@smcvt.edu.



Photo by Bobby Gaglini

Dozens of fans turned out to support the men's soccer team during the last game of the season Oct. 30. The Knights needed to win or tie to advance to the playoffs but lost 4-2 to Franklin Pierce.

Horoscopes

By Eda LaPlaca

Aries (March 21 – April 19) You are a natural leader, Aries. Whatever you do, people will follow. All eyes are on you, so try to do things you are proud of.

Taurus (April 20 – May 20) Taurus, Taurus, Taurus. You have lost a few things this week...including your dignity. Luckily, we go to a small school. Odds are some things could be recovered.

Gemini (May 21 – June 20) This is the perfect time in your life to hang out, socialize and have fun. Don't let these moments pass. Before you know it, the good times will be gone.

Cancer (June 21 – July 22) Cancer, we give you permission to be selfish. You are always looking out for everyone, it's time to look out for yourself! You deserve it, my friend.

Leo (July 23 – Aug. 22) It is all about dedication for you this week. Your priorities are straight and we are proud. You have a good head on your shoulders, Leo.

Virgo (Aug. 23 – Sept. 22) You feel as though you have made a tremendous effort to mend a friendship recently. Quit. Things will work themselves out.

Libra (Sept. 23 – Oct. 22) You are on an emotional roller coaster. Pry the TV remote and chocolate out of your hands, and go out and let loose.

Scorpio (Oct. 23 – Nov. 21) Start pinching pennies, Scorpio. Big things are around the corner and you are going to need to save up. On a good note, you might have a special someone to shop for on Christmas.

Sagittarius (Nov. 22 – Dec. 21) You have been working on a major project recently. You might not be headed in the right direction now, but you'll find your way.

Capricorn (Dec. 22 – Jan. 19) Feeling like your love life has crashed and burned recently? It has. New doors will open for you, but not for a while. Until then, good luck with that.

Aquarius (Jan. 20 – Feb. 18) So you are having a rough week. Pick up the pieces of your broken life and start fresh. Maybe things will start looking better...hopefully.

Pisces (Feb. 19 – March 20) Take some advice from George Michael: Ya Gotta Have Faith. You probably "need some time to pick your heart up off the floor" but you'll make it!

Knight of the Week: Andrew Utrup

2011 | Business | Fort Jennings, Ohio



Q: Favorite thing about yourself?

A: I'm extremely spontaneous.

Q: Guilty pleasure?

A: The green Lifesaver mints.

Q: What part of society needs to be cleaned up?

A: American business standards.

Q: What is the weirdest job you've ever had?

A: Master chef at A&W Root Beer.

Q: Tell us about a funny moment in your life?

A: I was in Brooklyn with my friend from Ohio, and my friend pointed to Manhattan and said my brother lives in that tall building over there.

Q: Best scar story?

A: I cut my knee jumping over a fence after toilet papering a house in eighth grade.

Q: What is your favorite piece of technology?

A: Blackberry.

Q: Least favorite piece of technology?

A: Blackberry.

Q: Biggest fear/phobia?

A: Not doing everything.

Q: What is your earliest memory?

A: Getting "Willy Wonka" on VHS for my fifth birthday.

Q: What is the coolest play you have ever traveled to?

A: The Summer Palace in Beijing.

Q: If they made a movie about your life, who would play the lead role?

A: Matthew McConaughey.

Q: What would the title of the movie be?

A: "&*\$% it. Let's just do it!"

Q: What is your favorite Alliot meal?

A: Thanksgiving dinner.

Q: Any real talents? If so, what?

A: I can speak basic Chinese. Does that count?

Q: What are you passionate about?

A: Family, excitement and entrepreneurship.

Interesting Facts about St. Michael's College

- 1.4 million copies are made each month
- PK Cafe is the No. 1 place called from campus.
- On an average day the school receives about 100,000 e-mails and blocks about 90,000 as spam.
- On the average weeknight there are over 1300 users connected wirelessly. The peak time is around 11:30 p.m. every night.
- There are 438 wireless access points around campus.
- Roughly one half of the student equipment registered on the network is from Apple (MAC, iPhone, iPod, iPad)
- We have 100Mb of Internet capacity for the residence halls. This is roughly 30-40 times more than what the average person would get from his or her home internet service provider (Every night students consume over 95 percent of that capacity)

*The facts above were provided by Joe Pawlaczyk, St. Michael's Senior Network Engineer